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October

FOOD * WELLNESS * LIVING

It's time to revel in the changing of the seasons. Yes, summer is coming to an end, but there's plenty to look forward to, from bumper crops of heritage apples and delicious buttery potatoes, to digging out thicker jumpers and looking forward to comfort food. Savour this season's veg with Theo Randall's Mushroom Gnocchi (p35) and our 10 potato recipes (p24). And, as the days get that little bit shorter, pore over Gizzi Erskine's 8 power foods (p26), or find out why Davina's quit sugar for good (p13). Or discover a new hobby with our guide to yoga (p62), or Kirstie Allsopp's advice on upcycling (p70).
But whatever you do, don't dismay – this is a beautiful time of year...



EDITOR
FAE GILFILLAN













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LOVE YOUR FUTURE

Modern inspiration

Vegetarian cookery writer **Anna Jones** is back with a new book that's brimming with mouth-watering recipes designed for the way we live now







This is a bowl filled with a few favourite things as well as a killer harissa dressing, burnished seed-encrusted halloumi, my new favourite grain freekah and of course some avocado. I vary the veg here according to the season. I have given you my summer version in the recipe, but below are some ideas for the rest of the year: Spring – aparagus, peas, spring green. Summer – tomatoes, yellow beetroot, kale. Autumn – red beetroots, grated carrot, kale. Winter – have a bowl of soup

Seeded Halloumi and Harissa Rainbow Bowl

E EF V F T GF

SERVES 4
READY IN 20 MINS

150g freekah
coconut oil
300g (or a very big handful) cherry tomatoes
4 beetroots (I use yellow ones)
200g kale (I use purple)
1 lime
1 ripe avocado
200g block of halloumi cheese
2 tbsp mixed seeds (I used poppy and sesame)
the juice of ½ a lime
a small bunch of mint
a small bunch of dill

FOR THE DRESSING
a bunch of spring onions
1 tsp runny honey
1 tbsp harissa
2 tbsp extra virgin olive oil
the juice of ½ a lemon

1 Weigh out the freekah in a mug or measuring jug, making a note of the level it comes up to, then put into a bowl and cover with cold water. Rub the grains in your hands, then drain and wash once more in the same way. Put the freekah into a pan. Fill the mug or jug to the same level with water and add to the pan, then repeat so you have double the volume of water to freekah. Add a pinch of salt and a knob of coconut oil, bring to the boil and simmer for 15 minutes until soft but still with a little bite.

2 Meanwhile, finely slice and fry the spring onions in a little coconut oil until just starting to brown, then scoop them into a jug and add all the other dressing ingredients. Season with salt and pepper and mix well.

3 Cut the tomatoes in half. Peel the beetroots and use a mandolin or your excellent knife skills to slice them very finely. Remove the stalks and shred the kale, put into a bowl with the juice of the lime and a pinch of salt and scrunch with your hands for a minute.

4 Cut the avocado in half and remove the stone, then, with the skin still on, use a small knife to make incisions lengthways along the avocado to form slices.

5 Put a frying pan on the heat and slice the halloumi thinly. Have your seeds standing by. Put the halloumi into the hot dry pan and cook until brown on one side, which will take about a minute, then flip over and brown the other side. Scatter over the seeds and turn the halloumi in the pan until coated with them. Take off the heat.

6 Once the freekah is cooked, drain it and dress with the lemon juice, a drizzle of olive oil and a pinch of salt and pepper. Chop the mint and dill and mix through the freekah.

7 Serve in shallow bowls, topped with all the rainbow vegetables, the seeded halloumi and generous spoonfuls of the harissa dressing.

Per serving: 579 cals, 36.4g fat

My vegan brother Owen regularly puts in requests for things he misses from the old days. Most frequently they're for banoffee pie or a really good pizza, and this is what I make him. I love cooking and eating vegan food.

Charred Mushroom and Cashew Pizza

E EF V F T GF

MAKES 2 LARGE PIZZAS
READY IN 35 MINS

FOR THE PIZZA

300g light spelt flour
150ml tepic water
1 tbsp olive oil, plus more for cooking
8 tbsp good tomato passata
a handful of small black olives, de-stoned
a small handful of rocket

FOR THE MUSHROOMS

1 red onion
olive oil
250g mushrooms
1 garlic clove
a few sprigs of fresh thyme

FOR THE CASHEW RICOTTA

200g cashews
the juice of ½ an unwaxed lemon
1 garlic clove
a pinch of fennel seeds
1 tbsp olive oil oil
1 tbsp nutritional yeast (optional)



1 First, get all your ingredients and find yourself a large heavy-based frying pan – around 26cm. Preheat your grill to maximum.
2 Slice the red onion and put it into the frying pan with a little oil. Tear the mushrooms into pieces and roughly chop the garlic, then add to the pan with the thyme leaves and cook for 4-5 minutes, turning every so often, until the mushrooms are charred and crispy and cooked through. Remove and set aside.
3 Next, make the cashew ricotta: put all the ingredients into the bowl of a food processor with three tablespoons of cold water and blend until completely smooth – this should take 2-5 minutes, depending on how powerful your machine is. It should be the consistency of normal ricotta. Scoop out into a bowl and wash the processor bowl.
4 Make your dough. Put the flour and water into a processor with a pinch of salt and a tablespoon of olive oil and pulse until the dough comes together in a ball. Tip it out and bring it together in your hands.
5 Get your frying pan on a medium to high heat. If you have two pans about the right size you can do both the pizzas at once, otherwise you can do one after the other, as they cook quickly. Cut the dough into two halves and cover one half. Put the other half on to a floured work surface and use a rolling pin to roll it out into a 1cm thick circle about the size of your pan.
6 Drizzle a little oil into a hot pan, then carefully lift in the dough. Leave it on the heat for about three minutes, while you quickly top the pizza.
7 Spoon half the passata over, then the mushrooms. Dot with the cashew cheese and the olives.
8 Pop the pizza under the grill for 4-5 minutes, until it is cooked through and the cashew cheese is browned. Repeat with the second pizza.
9 To finish, strew with some rocket leaves and cut into generous slices. Home-made bliss.

Per pizza: 1,398 cals, 75.7g fat

This recipe, like the sweet potato dhal in *A Modern Way to Eat*, has become an instant classic in my house. I make this a lot, and each time I make it I still can't believe how tasty it is. If you are in a real rush you could use pre-cooked brown rice here. I usually keep some leftover rice in the freezer (see panel on cooking and storing grains), but if you search out one without any additives, the pre-cooked pouches can be a speedy solution if you are in a fix.

Roasted Coconut, Lime and Tamarind Curry

E EF V F T GF

SERVES 4
READY IN 45 MINS

300g short-grain brown rice
1 red onion
coconut oil
2 garlic cloves
a thumb-sized piece of ginger
1 red chilli
2 carrots
a large bunch of fresh coriander
400g butternut or acorn squash
200g bag of spinach
1 tbsp fennel seeds
1 tbsp mustard seeds
400g tin of chopped tomatoes
400g tin of coconut milk
2 tbsp tamarind paste
500g unsweetened coconut flakes or desiccated coconut
2 unwaxed limes
2 tbsp maple syrup

1 Preheat your oven to 200C/400F/Gas 6. Boil a kettle and get all your ingredients together.



Put a big saucepan on a medium heat.
2 Get your rice on. Weigh out the rice in a mug or measuring jug, making a note of the level it comes up to, then rinse it in cold water and put it into the pan. Fill the mug to the same level with water and add to the pan, then repeat so you have double the volume of water to rice. Add salt, bring to the boil, then simmer for 20 minutes.
3 Meanwhile, finely chop the red onion. Put a teaspoon of coconut oil into another large saucepan, add the onion and fry for five minutes.
4 Chop the garlic, ginger and chilli and put to one side. Peel the carrots and chop into 0.5cm rounds. Chop the coriander stalks, put the leaves to one side. Once the onion is soft, add the garlic, ginger, chilli, carrots and coriander stalks to the pan and cook for a couple of minutes.
5 Cut the squash in half lengthways (there is no need to peel) and then into quarters. Remove the seeds, then cut into thin 0.5cm slices.
6 Add the fennel and mustard seeds to the pan and allow to cook until the mustard seeds start popping, then add the squash, chopped tomatoes, coconut milk and tamarind paste. Put a lid on the pan and simmer on a medium-high heat for 20 minutes, until you have a thick, flavoursome curry. Top up with hot water if it gets too thick.
7 Meanwhile, line a baking tray with greaseproof paper. Put the coconut flakes on the tray and grate over the zest of 1 lime. Pour over the maple syrup and put into the oven for five minutes, until turning golden at the edges.
8 When the rice is ready, drain it and keep it warm. Once the curry is cooked, stir in the spinach and the coriander leaves and squeeze in the juice of both the limes. Spoon some rice into your bowls and ladle the curry over the top. Scatter the roasted coconut on top and finish with more coriander, if you like.

Per serving: 1,405 cals, 101.6g fat

Spinach and Lemon Polpette

E EF V F T GF

SERVES 4
READY IN 40 MINS

FOR THE SPINACH POLPETTE
250g spinach
100g cooked Puy lentils
1 free-range egg
a good grating of fresh nutmeg
50g wholemeal breadcrumbs or oats
50g Parmesan cheese (I use a vegetarian one)
zest of 1 unwaxed lemon
1 garlic clove

FOR THE SAUCE
300g spaghetti of your choice (I use wholemeal)
a handful of almonds
2 garlic cloves
3 tbsp olive oil
1 lemon
a small bunch of fresh basil
350g cherry tomatoes

1 Preheat the oven to 200C/400F/Gas 6. Fill and boil a kettle and get all your ingredients together.
2 Place a large frying pan on a high heat and, when it's hot, add the spinach and dry-fry until wilted.
3 Drain the lentils well if you are using tinned, then put them into a blender and blitz. Add the egg, nutmeg and breadcrumbs or oats, Parmesan, lemon zest and season. Chop the garlic and add this. Blitz, remove and fold into the spinach.
4 Divide the mixture into four. From each quarter make eight small balls. You should end up with 32 balls, each roughly the size of a £2 coin. Place on a baking tray and put into the oven for 15-20 minutes, until crisp and golden.
5 To make the sauce, put the almonds, garlic and olive oil in a food processor. Blitz to a coarse texture then add the zest and juice of the lemon, the basil leaves and the cherry tomatoes. Blitz again until you have a rough pesto, then season well with salt and pepper.
6 When the polpette have had 10 minutes, fill a pan with boiling water, add salt and once boiling add the pasta and cook according to the packet instructions.
7 Once the pasta is cooked, drain, reserving some of the cooking liquid. Add the pesto and mix well, adding a little of the pasta water to loosen. Tangle the tomatoey pasta into bowls and top with the spinach polpette.

Per serving: 547 cals, 25.8g fat





AMAZING GRAINS

Grains and so-called pseudo-graines like quinoa and amaranth (which look and cook like grains but are actually seeds) are a big part of how I like to eat, but quite a few of them take a while to cook, so I like to cook them in big batches and have them in my fridge or freezer to have to hand for whenever I need something quickly.

Eating a range of grains means that you are introducing a wide spectrum of vitamins and minerals into your diet.

These days you can also buy packets of pre-cooked grains in supermarkets and delis, though they vary wildly in quality and in what has been added to them. Some brands, like Merchant Gourmet, are pretty reliable and have very little else added – if you check the packet carefully these can be a good option if you're in a fix.

SOAKING

These grains and pseudo-grains, like pulses and nuts, will benefit from soaking. It will speed up their cooking time, maximise their nutritional value and make them easier to digest. An overnight soak in double the amount of cold (ideally filtered) water is ideal, but a couple of hours is good too – and if you don't have time it's not the end of the world.

COOKING

Drain your soaked grain and put into a large pot with the specified amount of liquid. I cook all my grains in vegetable stock, which adds flavour and depth. I often also squeeze the juice of a lemon into the pan, then put the squeezed halves into the pan while the grain cooks to add extra flavour. Cook until tender.

STORING AND FREEZING

Drain your grains and cool well – if you want to speed this up you can cool them on a couple of baking trays. They can then be stored for 3-4 days in the fridge, or frozen in portions for super-quick dinners.

Recipes taken from *A Modern Way to Cook* by Anna Jones (£25, Fourth Estate).

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“Sugar became something that I needed”

TV presenter, mum of three and fitness queen – **Davina McCall** has graced our screens for more than two decades and now she’s focusing her attention on diet. And she wants us to ditch the sweet stuff, for a healthier, happier, sugar-free life

From hosting MTV, to Big Brother and The Million Pound Drop, Davina McCall has remained a fixture of our prime time television, so when she turned her attention to food with her first sugar-free book, we couldn't help but fall for her tasty recipes. And now, she's teamed up with kitchenware specialists Lakeland to develop an exciting new product range that will be launching in spring 2016! Ahead of the launch, she explains why healthy eating has become such an important part of her lifestyle.

In the foreword of your book you say, 'I'm a sugar addict'.
Yes, because actually I think it is a modern day affliction – a sugar addiction. I sort of said it as a joke, but the more people I speak to, I realise that is quite a serious thing and you will do quite a lot to try and get a bit of sugar late at night. I've rummaged through my kids' drawers and gone though their special chocolate stashes, thinking 'Oh I'll replace it, that's fine'. So sugar became something that I needed. It felt more than just a mental thing, it felt like a physical need and sometimes I'd get the shakes and that's not healthy.

So this is what inspired you to write *5 Weeks to Sugar-free*? Because you felt you were reliant on sugar?
It started really because my sister got cancer and the nutritionist told her to cut sugar out of her diet, as they say that the sugar encourages tumours to grow, and I was horrified by that. I went online and looked up the refined sugar in everything, like ketchup and baked beans – those are the hidden sugars. You expect it in a cake or a biscuit or other food, processed or low-fat food, there is loads of sugar in it and I started thinking, I'm eating of a lot of sugar without even realising it.

I used to go to bed every night and think, 'Well, I've just eaten two rows of milk chocolate on the way to bed and I'm brushing the milk chocolate out of my teeth; why have I done this?' I didn't even really want it.

So I talked to somebody at a publisher's and said, "I really want to try and kick it but I think we should find a tool for people to do this." They said, "Why don't you write a cookery book? We'll hook you up with a great chef so you can do it together, you give her your favourite recipes, she comes up with a sugar-free version of it and you cook it and tell everyone how your experience was." I said, "Can we do that? Is that a thing?" And we did! I really enjoyed the process, I tried lots of new ways of cooking which I hadn't tried before and I approached lots of different types of food which I was terrified of, things like spelt.

It sounds scary...
It does sound scary! Maybe it goes back to school and spellings but it sounds severe. Even things like barley and pulses, different things which I thought, 'Oh no, I can't cook with things like that.'

Your book isn't about being sugar-free, it's about being refined sugar-free.
Yep, it's so important for me to reiterate that I'm kicking refined sugar. The point is, it's a 5-week plan and the last week is completely sugar-free, so no honey or maple syrup. Obviously people will look at it and see the recipes for the brownies and say, 'Oh, there's honey in there' and I get that, but if you actually read the book you'll see that it's a 5-week plan to sugar-free because it's trying to help people wean themselves off.

Why do you think people struggle to cut out sugar?
People's relationship with sugar is sometimes an emotional one, so they think, 'It's my friend'. I mean, what do you do when you're really sad? You eat a piece of cake or chocolate. It's an emotional response to something painful, and sugar is something that's looked after me when I've been sad.

So what is the difference between a refined sugar and a natural sugar?
Well, a natural sugar is one that is naturally occurring, so something like maple syrup. You do have to be careful with maple syrup because there are lots of things called syrup out there which are just sugar. So you do have to look at the packaging and make sure that it's just pure maple syrup.

What is the simplest piece of advice you would give to someone who wants to pursue a healthier lifestyle?
I think the quickest way is to go brown. My kids love pasta and we went to wholewheat pasta three years ago. I thought they were all going to be up in arms about it but they didn't even notice the difference! I don't think we can expect people to go straight from a processed diet to no sugar – it's too much to ask. It's about baby steps. It's also about changing your cupboard. If it's not there you won't eat it!

You said that this is five weeks to sugar-free, and in the last week you go completely sugar-free; is that maintainable?
I try to maintain that and I'm not always sugar-free – like yesterday I fancied a black tea with honey so I had some honey in my tea. That doesn't bother me in the slightest as I think, Look, I'm not back on refined sugar. I'm not interested in it any more and that's why it's maintainable; because I don't crave it any more.

Are you a Lakeland customer ?
Oh my God – I love Lakeland! Lakeland inspires me to do things I don't normally do because everything looks so nice! You know how kids have a favourite catalogue and they circle everything that they want and leave it around? I have the Lakeland catalogue and circle everything that I want and leave it around for Matthew to find and buy me.

And does he take the hint?
Yes!



DAVINA'S BANOFFEE PIE

SERVES 6
READY IN 30 MINS
(PLUS 1 HR SETTING)

FOR THE BASE

150g Davina's digestive biscuits (see Masterclass)
50g pecan nuts
50g butter

FOR THE TOPPING

1 portion of Davina's dulce de leche at room temperature (see Masterclass)
4 small bananas
300ml double or whipping cream
chocolate sauce (optional)

1 Blitz the biscuits and the pecans together in a food processor or blender. Melt the butter in a saucepan, then add the biscuits and pecans and mix thoroughly. Tip the mixture into a 23cm (9 in) loose-bottom flan tins and press it down well, then put it in the fridge to chill for at least half an hour.
2 To assemble, spread the base with dulce de leche, then put the pie back in the fridge to set for half an hour.
3 When it's set, take the pie out of the fridge and arrange the sliced banana's on top. Whisk the cream until it forms soft peaks, then pile it on top of the bananas. Drizzle over some chocolate sauce if you feel extra greedy.

MASTERCLASS
DAVINA'S DULCE DE LECHE

SERVES 6
READY IN 40 MINS
*** 410g can of evaporated milk * 150ml maple syrup**
1 Pour evaporated milk and syrup into a saucepan. Bring them to the boil, then turn the heat down and simmer, stirring regularly, until the sauce has reduced and thickened to the consistency of a thick pouring custard. This will take 20 minutes to half an hour so be patient.
2 Remove the pan from the heat and pour the sauce into a sterilised jar. Leave to cool and it will set to a spreadable consistency. This keeps well in the fridge for at least a few weeks.

Turn over for more...



BOOKSHELF

DAVINA'S FIVE WEEKS TO SUGAR-FREE by Davina McCall is published by Orion Books as a trade paperback and eBook, priced £8.99. For more recipes and inspiration, head to lakeland.co.uk/mydavinadish



Pictures courtesy of Lakeland

MASTERCLASS

DAVINA'S DIGESTIVE BISCUITS

MAKES 24 BISCUITS
READY IN 50 MINS

*** 200g wholemeal flour * 200g oats * 1 tsp baking powder * pinch of salt**
*** 200g unsalted butter, well chilled and cut into cubes**
*** 150g maple syrup**

1 Put the flour, oats, baking powder and a pinch of salt in a food processor and blitz them - you want the mixture that's just slightly coarser than flour. Add the butter and pulse until the mixture resembles fine breadcrumbs, then tip it all into a bowl.

2 Add the maple syrup and gently work it into the mixture until you have a dough. Don't worry if it's very soft, as it will firm up in the fridge. Wrap the dough in clingfilm and chill it in the fridge for at least an hour.

3 Preheat the oven to 190C/375F/Gas 5. Line two baking trays with baking parchment. Generously flour your work surface.

4 Divide the dough in half, then rewrap one piece and put it in the fridge. Roll out the remaining half and, using a cutter about the size of a digestive biscuit, cut out circles. Re-roll the offcuts, making sure you use plenty of flour to prevent sticking. You should end up with 12 biscuits.

5 Remove the rest of the dough from the fridge and repeat to make another 12 biscuits. Place the biscuits on the baking trays.

6 Bake the biscuits for 15-20 minutes until they're golden brown and crisp. Keep a very close eye on them, as a minute too long could mean they overcook. Remove the biscuits from the oven and immediately transfer them to a wire rack to cool.

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VEGGIN' OUT

WITH LUCY PORTER

This month, the comedian attempts to teach her children about Mother Nature using the apple tree that refuses to quit

The house we are currently living in has a large cooking apple tree in the back garden. In the late spring the children got giddy with excitement when they saw a few teeny tiny green buds beginning to form. I saw this as an ideal opportunity to teach them about the wonders of Mother Nature and the life cycle of plants. I even started drawing diagrams, but then I got a bit confused about stigma and ovules and realised I've been confusing chlorophyll and chloroform for decades. Luckily, all the children wanted to know was when there would be crumble and custard. I said that if we were lucky we might get a few apples in the autumn.

GLUT-BUSTER

Cut to the present day and things have changed. Our apple tree proved more bountiful than we could ever have dreamed. It has spouted forth hundreds – actually hundreds – of apples. It's like the magic porridge pot in deciduous tree form. Not wishing to waste a single one, I have been cooking little else for the last month. I have baked them with raisins and cinnamon, I have stewed them for pies, tarts and pastries, I have paired them with parsnip and beetroot in soups. I have even drawn faces on them and used them for puppet shows.



I have inadvertently achieved a parenting miracle: after dinner my children rush up to the bath without demanding pudding because they know it will contain apple, and even they are sick to the back teeth (which are now decayed by fruit sugars) of apples. Don't think I haven't tried to offer this fruit to friends, family and neighbours by the way. Most of them gamely took a box or two at the start of our mega harvest. Now even lovely Peggy at number 36 closes the curtains and hides behind the sofa as I approach, it's like I'm some fruit-bearing religious evangelist.

KNOCK OUT RECIPES

I have spent £20 on chutney jars, and contemplated buying an apple press for £80 to turn some of them into cider. Luckily my husband reminded me that I don't like cider. I know it sounds like I am moaning about the good fortune of our bumper apple crop when people are starving. I really am grateful, it's just that I don't want to waste any apples. If you want some, feel free to pop round. Peggy will be delighted, I think she's worried that we're going to break into her house and fill it with apples. We could knock her out using choloroform, or do I mean chlorophyll?

ULTIMATE CROWD PLEASERS

If you've got friends coming for a relaxed dinner, play it safe with one these deliciously laid-back dishes...

Red Lentil and Coconut Curry with Naan Bread

E EF V F T GF

SERVES 4
READY IN 40 MINS

400g rice
1 onion, chopped
2 garlic cloves, chopped
1-2 tsp red curry paste
rapeseed oil, for frying
200g dried red lentils
400ml coconut milk
2 tbsp tomato purée
½ cauliflower head (about 250g), cut into florets
salt and freshly ground black pepper
a couple of handfuls of spinach (fresh or frozen)
120g cashew nuts (optional)
1 lime, cut into wedges
naan bread, to serve (see Masterclass)

1 Cook the rice according to the packet instructions.
2 Sweat the onion, garlic and curry paste in a little oil in a large pan for about a minute.
3 Add 400-500ml water, the lentils, coconut milk and tomato purée. Leave to simmer, partially covered, for 10 minutes.
4 Add the cauliflower florets, return to a simmer and continue to cook for a further 10 minutes.
5 Season, stir in the spinach and heat through. Serve with nuts, lime wedges, naan bread and rice.

Per serving: 1,163 cals, 41.6g fat

MASTERCLASS

Naan Bread

E EF V F T GF

MAKES ABOUT 12
READY IN 1 HR

25g fresh yeast
4 tbsp rapeseed oil
400ml milk or water
1 free-range egg
¾ tsp salt
1 tsp sugar or honey
600g plain flour, plus extra for rolling out

1 Crumble the yeast into a bowl. Heat the oil and milk or water to 37C/98.4F and mix with the yeast. You should be able to comfortably hold your finger in the liquid without it feeling hot or cold.
2 Add the egg, salt, sugar or honey and flour and work into a smooth and springy dough. Cover and leave to rise for about 40 minutes.
3 Turn the dough onto a floured worktop and divide into 12. Stretch and roll out into long, flat naan breads. Put on a baking tray and leave to rise while the oven is heating up to 250C/500F/Gas 9.
4 Bake in the middle of the oven for about five minutes until they've 'popped up' a little and turned a nice colour. Leave to cool on a rack.

Per naan: 247 cals, 6.7g fat

VEGANISE IT

Leave out the egg and choose water instead of milk, and sugar instead of honey.

Taco Burgers

E EF V F T GF

SERVES 4
READY IN 45 MINS

FOR THE PATTIES
400g tin kidney beans, drained and rinsed
4 tbsp Taco Spice Mix (see Masterclass)
a pinch of freshly ground black pepper
300g firm tofu, natural or marinated
1 cup crushed tortilla chips, preferably with a cheesy flavour
4 tbsp plain flour
rapeseed oil, for frying

TO SERVE
1 small garlic clove, crushed
200ml soured cream
4 hamburger rolls
1 red onion, sliced
1-2 avocados, peeled, pitted and sliced
1 red pepper, deseeded and sliced
115g sweetcorn
a few large lettuce or fresh spinach leaves

1 Mix the garlic and soured cream to make a dressing. (Or use a dollop of aioli or guacamole as a dressing instead – also delicious!)
2 Blend together the beans, taco spice mix and pepper, this is easiest if you use a hand-held mixer and a bowl. Mash up the tofu with a fork and stir into the paste – it's better if the paste isn't completely smooth.





3 Crush the tortilla chips, not too coarsely, and add half to the burger mixture with the flour. Divide the mixture into 4-6 patties and press together firmly so they hold their shape. Turn them over in the rest of the tortilla crumbs, as a coating.
4 Fry the burgers for a couple of minutes on each side in a generous splash of oil. Serve them in hamburger buns with the dressing and other toppings.

Per serving: 738 cals, 37.3g fat

MASTERCLASS

Taco Spice Mix

It's easy to make your own taco spice mix. Mix together 1 tbsp chilli powder, 1 tbsp onion powder, 1 tbsp ground cumin, 1 tsp paprika, 1 tsp dried oregano, 1 tsp sugar, 1 tsp salt and ½ tsp black pepper. Keep in a screw-top jar.

VEGANISE IT

Choose vegan-friendly tortilla crisps. Use a spoonful of classic taco salsa as dressing for the burger.

"A burger with taco flavour – the best of both worlds! The trickiest thing with vegetarian patties and burgers is to get them to hold together in the frying pan when you're flipping them over. The base is made from tofu and beans, so with just a few barely noticeable adjustments this is a burger that would also appeal to vegans"



READER OFFER

Recipes taken from *Very Veggie Family Cookbook* (£14.99, Pavilion). Veggie readers can get this book for the special price of £12, including free UK p&p. To order your copy, call 2844 576 8122, quoting ref CH1938.



Smoothie time...

Smoothie with Blueberries

E EF V F T GF

SERVES 2
READY IN 5 MINS

100g blueberries
1 very ripe pear
100g yoghurt
100ml milk or more
½ avocado (optional, but is very good to make the smoothie filling)
some juice from a lime

1 Blend everything. Add more milk until you've got a good consistency and add lime juice to taste.

Per serving: 196 cals, 9.8g fat

Orange & Peach Smoothie

E EF V F T GF

SERVES 2
READY IN 5 MINS

3 oranges
2 peaches
1 passion fruit

1 Peel the oranges, peel and stone the peaches and scrape out the seeds and pulp from the passion fruit.
2 Blitz in a jug blender or juicer and serve in a tall glass loaded with plenty of ice cubes.

Per serving: 124 cals, 0.6g fat

Strawberry Slushie with Elderflower & Lemon

E EF V F T GF

SERVES 2
READY IN 20 MINS

300ml diluted elderflower cordial, preferably quite concentrated
250g frozen strawberries
3 ice cubes
some freshly squeezed lemon juice
a sprig of lemon balm (optional)

1 Put the cordial and strawberries into a deep bowl and blend until smooth. Add the ice cubes and continue blending.
2 Add lemon juice to taste and garnish with a sprig of lemon balm.

Per serving: 84 cals, 0.1g fat

FUSS-FREE FLAVOUR

7 healthy soups ideal for starters, packed lunches or dinner

Easy, packed full of nutrients and delicious with freshly baked crusty bread, you can't help but love a big bowl of steaming soup

1

In a large saucepan, sweat 1 large diced onion in 2 tbsp oil until soft. Add 1 crushed garlic clove and fry for 1 minute. Add 500g cooked chopped beetroot, 1 tbsp balsamic vinegar and 750ml stock. Bring to the boil then simmer for a few minutes before blending and serving with croutons.

2

Heat 1 lt stock and add 150g podded broad beans, 150g shelled peas and 150g sliced green beans. Simmer for 3-4 minutes then remove from heat. Add 1 bunch each chopped mint, coriander and flat-leaf parsley, 2 sliced spring onions and the juice of ½ lemon. Season and serve.

3

Heat 1 tsp oil in a pan and sauté 1 chopped onion until soft. Add 2 crushed garlic cloves, 1 peeled and diced potato and 1 bay leaf. Cover and cook for 5 mins, stirring from time to time. Add 200g Tenderstem cut into 2-3cm pieces to the pan along with 1 lt stock, bring to a simmer and cook for 5 mins. Crumble in 150g vegetarian Doclelatte cheese and serve, with the bay leaf removed.

4

Heat 25g butter in a saucepan and fry 1 finely chopped onion until soft. Add 400g podded peas and 600ml stock and bring to boil before simmering for 7 mins. Reserve a few whole peas for garnish, then purée the rest of the soup. Transfer to a clean pan, then whisk in 75g mascarpone, 2 tbsp chopped mint leaves and 2 tsp lemon juice. Season and chill until ready to serve cold and garnished.

5

Heat 2 tsp oil in a pan and fry 2 sliced leeks for 3-4 minutes. Add 350g sliced new potatoes, 2 stock cubes, 550ml water and 450ml semi-skimmed milk and season. Cover and simmer for 15-20 minutes. Liquidise half the soup and stir in the remaining soup.

6

Fry 1kg chopped shallots gently in 175g butter for 10 mins. Add 25g chopped garlic, 20g chopped thyme, 10g sugar and 20g salt. Pour in 1.75lt stock and bring to the boil and simmer for 5-10 minutes then add 250ml double cream. Bring back to the boil and blend. Drizzle with fresh vegetarian pesto and serve.

7

Heat 1 tbsp oil in a pan and fry 1 chopped onion, 450g sliced carrots and 1 crushed garlic clove until soft. Stir in 1 tsp ground coriander and season, cook for 1 minute. Add 1.2 lt stock, bring to the boil and simmer for 20 mins. Stir in 3 tbsp chopped fresh coriander. Blend, add a squeeze of lemon juice and grated nutmeg. Serve with a swirl of cream.



Illustration: Louise Abbott

GLUTEN FREE





VEGAN



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“I was becoming frustrated with lots of foods becoming criminalised”

Good news veggies! Your store cupboard staples could make you a better cook! This month, we asked **Gizzi Erskine** to reveal her eight hero foods to inspire your meal times...

TV chef and food writer, Gizzi Erskine has created a collection of more than 100 of her favourite recipes, all with a Gizzi twist. She wants to start a new food revolution, where people have a better understanding of nutrition and most importantly, remembering that food should be enjoyable. But, what *Veggie* really wants to know is what inspired her to write her new book, *Gizzi's Healthy Appetite*?

“I was becoming frustrated with lots of foods becoming criminalised and considered ‘unhealthy’. I feel like we’re a nation that’s been brought up on wheat and dairy and suddenly we’re being told that it’s really bad for us. I don’t think people understand the real reason why they are giving all these things up. So this book is really just me taking a look at the health food market and noticing how it has developed, and embracing some of the newer techniques – but actually, letting people know that it’s OK to like wheat, it’s actually really good for us. I believe that unless you have a food intolerance and can’t have certain foods, let’s not get faddy, let’s embrace them!

1 **Cauliflower** is my new favourite ingredient, for various reasons: I’m loving a whole cauliflower steak, where you parboil it a little, then you grill on the barbecue or you can roast it in the oven. There are a few recipes in the book that use cauliflower, which I love – if you don’t want it as a steak, you can use it to make cauliflower rice, which I know everyone is obsessed with at the moment!

2 I always have **tinned beans** in the cupboard. They make great dips or salads, but they are also a good basis for certain dishes; in my book I’ve got a fab Gigantes dish – which is sort of like Greek baked beans which I serve with hot chilli butter, garlic yoghurt and a poached egg – it’s really delicious.

3 I think **aubergines** are often misused – not necessarily under-used, but misused. If you cook an aubergine properly it can go from the most boring, uninspiring vegetable to one of the most delicious – if you properly caramelise it and get the veg nice and gooey in the middle and season well, they are brilliant. I like to eat them Asian-style with a hot miso dressing.

4 I’ve been using **broccoli** a lot lately. I cut a whole broccoli in half, parboil it and put it on the barbecue, which I then serve with a dressing made with garlic and chilli, plus lemon juice and toasted almonds – that on its own is great, but I serve it with burrata and it’s fantastic.

5 **Tomatoes** are the one ingredient I always have. I make my own passata a couple of times a week – when you get your own tomatoes and put them in a processor, the flavour is much better than tinned varieties. Use a really high-powered one like a Vitamix, or even a Nutribullet will do the job!

6 I will always have a mixture of **aromatics** in the fridge. By this I mean garlic, ginger, chilli, lemongrass, fresh tumeric – this means if you have these ingredients to hand you can make things like lovely curries and spiced Asian soups at the drop of a hat.

7 I’m so pro-dairy! One really great dish in my book is a baked **halloumi**. Wrap it in grease-proof paper with some olive oil and loads of herbs and bake – it makes for a really delicious, different way of looking at cheese. Because halloumi doesn’t melt, it takes on flavour really well, too.

8 One of my favourite things to do is have a cooked breakfast. Often, people who are misguided about nutrition tend to think that it’s better to have a traditional bowl of cereal for breakfast – I think that it’s better to start the day with protein, make sure there’s a little carbohydrates and some veg as well. I will have something like half an avocado, scrambled **egg** or a couple of poached **eggs** with some chilli oil – it’s the best breakfast of all time! It will keep you sustained and it’s really healthy.”



Gizzi's Healthy Appetite by Gizzi Erskine is on sale now (£25, Mitchell Beazley, Octopus Books)

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MAKE WEEKNIGHTS SPECIAL

Ditch the shortcuts and get back to basics with these easy dinners. You can get ahead on the aspects of the recipes and then you're already halfway to the most delicious midweek meals ever...



Tunisian Eggs with Herb Yoghurt

E EF V F T GF

SERVES 4
READY IN 45 MINS

3 tbsp olive oil
1 large onion, finely chopped
3 garlic cloves, finely chopped
1 large red pepper, deseeded and chopped
2 tsp ground coriander
1 tsp ground cumin
1 tsp hot smoked paprika
½ tsp dried chilli flakes
2 tsp thyme leaves or 1 tsp dried thyme
400g tinned chopped tomatoes
1 tsp soft light brown sugar
4 large free-range eggs
salt and black pepper
crusty bread, to serve

FOR THE HERB YOGHURT
150ml Greek yoghurt
1 garlic clove, crushed
4 tbsp chopped coriander leaves
2 tbsp chopped mint leaves, plus extra to serve
1 small handful of toasted chopped walnuts
¼ tsp sumac (optional)

1 Heat the oil in a large, deep frying pan over a medium heat. Add the onion and fry for six minutes until softened. Add the garlic and red pepper and cook for another three minutes. Stir in the spices and thyme followed by the tomatoes and sugar, then bring to the boil.
2 Turn the heat down to low and simmer, part-covered, for 10 minutes until reduced and thickened. Season with salt and pepper and make four evenly spaced dips in the sauce. Crack the eggs into the dips, cover with a lid and cook gently for eight minutes, or until the egg whites are set but the yolks are still a little runny.
3 While the eggs are cooking, mix together the yoghurt, garlic, coriander and mint in a bowl. Season with salt and pepper and scatter over the walnuts and sumac, if using. Sprinkle the eggs with extra mint and serve with the herb yoghurt and crusty bread.

Per serving: 384 cals, 23.4g fat

Paella with Poor Manís Saffron

E EF V F T GF

SERVES 4
READY IN 1 HR 30 MINS

2 heaped tsp dried pot marigold petals (see step 6)
165g frozen petits pois
3 tbsp rapeseed or olive oil
1 large onion, chopped
2 large peppers, 1 red and 1 yellow, deseeded and chopped
3 garlic cloves, chopped
280g paella rice
2 tsp smoked mild paprika
1 tsp turmeric
4 tbsp sherry, or extra vegetable stock
1.2 lt vegetable stock
2 tomatoes, deseeded and diced
2 handfuls of small black pitted olives
sea and black pepper

FOR THE SMOKED PAPRIKA ALMONDS
1 tbsp rapeseed or olive oil
75g blanched whole almonds
1 heaped tsp smoked mild paprika

1 Soak the marigold petals in four tablespoons warm water for 30 minutes. Meanwhile, let the petits pois defrost in a bowl. Heat the oil in a paella pan or large, non-stick, deep frying pan with a lid over a medium heat. Add the onion and fry for five minutes until softened but not coloured. Add the peppers and cook for another three minutes, then add the garlic and cook until the peppers have softened.

2 Add the rice, smoked paprika and turmeric and turn to coat them in the onions. Pour in the sherry, if using, and let it bubble away until the alcohol evaporates, then pour in the stock and marigold petals and soaking liquid, season, stir and bring to the boil. Turn the heat down to low and leave the rice to cook without stirring for 15 minutes.

3 Scatter over the peas, tomatoes and olives and press into the rice with the back of a spoon. Do not stir the rice; you want the bottom to form a crust. Cook for another five minutes until the rice is tender and the stock mostly absorbed. Remove from the heat, cover and leave to stand for 10 minutes.

4 Meanwhile, heat the oil in a frying pan over a medium heat and fry the almonds for three minutes, shaking occasionally, until they start to colour. Add the paprika and season with salt, turn the nuts to coat and cook for another two minutes. Tip out onto a plate. Serve the paella scattered with the paprika almonds.

5 Pot marigolds (calendula) are easy to grow, require little maintenance and bring colour to the garden. Not only are the flowers edible, they also act as a natural insect repellent, avoiding the need for pesticide sprays. To dry the flowers, remove the petals from the flower heads and spread out on a baking sheet, then leave overnight until dried and store in an airtight container.

Per serving: 697 cals, g fat



Pepper and Tofu Saltado

E EF V F T GF

SERVES 4
READY IN 1 HR 5 MINS (PLUS 1 HR MARINATING)

6 tbsp dark soy sauce
3 heaped tsp hot chilli paste
400g firm tofu, drained, patted dry and cut into cubes
3 tbsp olive oil, plus extra
450g new potatoes, peeled and cubed
2 large onions, chopped
2 large red peppers, deseeded and cut into chunks
4 large garlic cloves, crushed
2 tsp ground coriander
2 tsp ground cumin
1 tbsp white wine vinegar
550g tomatoes, skinned, deseeded and chopped
2 large handfuls of mint leaves, chopped
2 large handfuls of coriander leaves, chopped

1 Mix together two tablespoons of the soy sauce and two teaspoons of the chilli paste in a large, shallow dish. Add the tofu and turn until it is coated in the marinade. Leave to marinate for one hour.
2 Twenty minutes before the tofu is ready, heat the oil in a large, deep frying pan over a medium heat. Add the potatoes and fry for 16-18 minutes, turning regularly, until golden and crisp all over. Remove the potatoes with a slotted spoon and drain on kitchen paper. Add the tofu to the pan and cook for 10 minutes, turning occasionally, until golden all over. Remove from the pan and drain on kitchen paper.
3 Add more oil to the pan if needed, then add the onion and cook for six minutes until softened. Add the red peppers and cook for another three minutes until tender. While they are cooking, mix together the garlic, ground spices, vinegar and the remaining soy sauce and chilli paste, then add it to the pan with the tomatoes and five tablespoons water. Cook for five minutes, stirring regularly, until the tomatoes break down to make a sauce. Return the cooked potatoes and tofu to the pan with three-quarters of the herbs and heat through. Serve sprinkled with the remaining herbs.

Per serving: 360 cals, 15.1g fat



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Roasted Mushrooms with Couscous Crust

E EF V F T GF

SERVES 4
READY IN 50 MINS, PLUS STOCK MAKING

75g couscous
hot vegetable stock, to cover
3 tbsp olive oil, plus extra
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tbsp harissa paste
1 tsp smoked mild paprika
1 large handful of flat-leaf parsley leaves, chopped
1 large handful of oregano leaves, chopped
4 large portobello or field mushrooms, stalks discarded
125g rindless goat's cheese, crumbled
salt and black pepper
mixed salad leaves, to serve

FOR THE HARISSA MAYO
1 heaped tsp harissa
6 tbsp mayonnaise
juice of ½ lemon

1 Preheat the oven to 190C/375F/Gas 5. Put the couscous in a heatproof bowl and pour over enough hot stock to just cover. Stir, cover with a plate to keep in the heat and leave for five minutes, or until the stock is absorbed. Fluff up the couscous with a fork to separate the grains.
2 Meanwhile, heat half the oil in a large frying pan over a medium heat. Add the onion and fry for eight minutes until softened but not coloured. Add the garlic and cook for another minute. Add the harissa, paprika, cooked couscous and half the herbs, season with salt and pepper and stir until combined.
3 Brush the top (not the gills) and edges of each mushroom with the remaining oil and put them in a small roasting tin to keep them upright. Spoon the couscous mixture in a pile on top, pressing it down slightly, then pour in one tablespoon water, cover with foil and roast for 15 minutes until the mushrooms have softened. Remove the foil, scatter the goat's cheese over the top of each one, drizzle with a little oil and return to the oven for another 10 minutes until the cheese has melted slightly.



4 Meanwhile, mix together all the ingredients for the harissa mayo with 1-2 tablespoons warm water and salt and pepper. Serve the mushrooms, sprinkled with the remaining herbs, with the harissa mayo and salad.
Per serving: 434 cals, 37.1g fat



READER OFFER
Recipes taken from *Veggienomics* by Nicola Graimes (£14.99, Nourish Books). Veggie readers can get this book for the special price of £12 plus free UK p&p. To order your copy, call 01206 255800, quoting ref VM123. Offer expires 28th October.


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THEO RANDALL'S

gnocchi ~~PASTA~~ ENCYCLOPAEDIA

Theo rings the changes with a gnocchi recipe that uses one of his favourite vegetables

I love artichokes. So much so in fact, that I could eat them every day that they're in season (from June-November).

A lot of people are scared off using them because they tend to be quite fiddly. The Italians are very lucky as this wonderful vegetable is sold in all the markets, and often prepared right in front of you, saving you the hassle. In Sicily, when these big thistles are in season, you will see huge piles of the discarded leaves and stems on every street corner on market mornings. I remember a trip to Verona where I came across a stall selling artichokes. The elderly lady who ran the stall had been selling prepared artichokes to the locals for years. She would sit on her little stool and prepare the vegetables with a swift slice around the base and a cut on the top before throwing them into water. I asked the lady if I could have a go, but she challenged me to a race to see how many we could prepare in a minute.

Well, as you can imagine I was thrashed! I think she did four perfect ones to my not-so-perfect two. Now I always think of her when I make this gnochhi dish, which is delicious and doesn't require too many artichokes.

The secret to any good gnocchi is to make them as light as possible. Try and cook the gnocchi the same day – they will taste so much better for it.

GNOCCHI WITH GLOBE ARTICHOKES

SERVES 4 AS A STARTER, OR 2 AS A MAIN DISH

For the gnocchi • **500g floury potatoes such as Maris Piper, peeled and cut in half** • **100g tipo 00 flour** • **1 free-range egg, beaten** **For the sauce** • **2 medium-sized globe artichokes** • **juice of 1 lemon** • **1 tbsp extra virgin olive oil** • **1 garlic clove, sliced** • **½ tsp chopped thyme** • **50g unsalted butter** • **75g vegetarian Parmesan-style cheese, freshly grated** • **freshly ground black pepper**

1 To make the gnocchi, cook the potatoes in boiling salted water until soft. Drain, then return to the empty pan to dry. Press through a ricer and leave to cool.

2 Add the flour and egg and mix to form a dough. Divide into three pieces and, using your hands, roll each into a sausage, 2cm in diameter. Cut into 2cm pieces.

3 Next, prepare the artichokes. Fill a large bowl with water and add the lemon juice. Remove the outer leaves, then cut off the top to reveal the choke. Scoop this out with a spoon. Cut the artichoke in half lengthways, and each half lengthways into 5mm slices. Immerse in the lemon water.

4 Heat the oil in a pan with garlic and thyme. Add the artichokes and 100ml of the water. Cover and cook for five minutes until the artichoke is tender. Remove from the heat and add the butter. Keep warm.

5 Slip the gnocchi into a pot of boiling salted water and cook until they rise to the surface. Carefully remove them with a slotted spoon and add to the frying pan with a few tablespoons of the cooking water. Add the Parmesan-style cheese and toss well until you get a really creamy consistency. Finish with a good grinding of black pepper, then serve.

Per serving (4 servings): 855 cals, 44.6g fat

Illustration by Louise Abbott

Spice up YOUR LIFE

"All the colours of the world" - not just a line from a Spice Girls' song, but inspiration for your next meal time. So, if you're after a bit more excitement for tonight's dinner, get inventive and add a little flavour and a zizazig ha!

Lentil and Apricot Pilaf with Spiced Cauliflower

E EF V F T GF

SERVES 4
READY IN 35 MINS

500ml vegetable stock
150g bulgur wheat
3 tbsp olive oil
1 tbsp ground coriander
1 tbsp ground cumin
1-2 tsp chilli powder, to taste
1 tbsp turmeric
½ head of cauliflower, trimmed and cut into florets
1 large onion, chopped
1 red pepper, deseeded and chopped
1 courgette, diced
2 garlic cloves, finely chopped
60g dried apricots, roughly chopped
400g can green lentils, drained
2 large handfuls of chopped coriander leaves
50g pistachios, roughly chopped
sea salt and freshly ground black pepper

1 Preheat the oven to 200C/400F/Gas 6. Bring the stock to the boil in a saucepan over a high heat, then stir in the bulgur wheat and return to the boil. Turn the heat to low and simmer for 12-15 minutes, covered, until tender. Drain, if necessary, then return the grains to the pan, cover and leave to stand until needed.

2 Meanwhile, mix together half the olive oil and half the spices in a bowl. Add the cauliflower and turn until coated in the spice mix. Season with salt and pepper and tip the cauliflower into a roasting pan and roast for 10-12 minutes until tender.

3 Heat the remaining oil in a large non-stick frying pan over a medium heat and fry the onion for five minutes until softened. Add the red pepper, courgette, garlic, apricots and lentils and cook for another 3-5 minutes, stirring regularly, until softened.

4 Add the remaining spices, the cooked bulgur and half the coriander to the pan, season with salt and pepper and stir until combined and heated through. Serve topped with the cauliflower and sprinkled with the remaining coriander and the pistachios.

Per serving: 387 cals, 20.4g fat

Potato Pakora Burgers

E EF V F T GF

SERVES 4
READY IN 45 MINS

480g white potatoes, peeled and quartered
1½ tsp turmeric
6 spring onions, finely chopped
1 long red chilli, deseeded and finely chopped
2 tsp nigella seeds
1 tsp sea salt
2.5cm piece of fresh root ginger, peeled and grated
1½ tbsp butter
sunflower oil, for frying
freshly ground black pepper

FOR THE CHICKPEA BATTER
80g gram/chickpea/besan flour
½ tsp sea salt
2 tbsp milk

TO SERVE
4 small naan breads
4 tbsp Tamarind and Date Chutney (see Sides panel)
4 tomatoes, sliced
1 small red onion, sliced
1 recipe quantity Mint Raita, (see Sides panel), adding 2.5cm piece of cucumber, diced

1 Put the potatoes in a pan, pour in enough water to cover and bring to the boil. Add salt and stir in one teaspoon of the turmeric and cook for 12-15 minutes until tender.

2 While the potatoes are cooking, mix together the ingredients for the batter with the remaining turmeric. Whisk in 5-6 tbsp water to make a smooth, pancake-batter consistency. Leave until needed.





"This dinner makes a complete and fulfilling meal, plus any leftovers are ideal for a packed lunch the next day, served at room temperature rather than refrigerator-cold"

3 Drain and return the potatoes to the still-hot pan to dry, then when cool enough to handle, coarsely grate them into a mixing bowl. Stir in the spring onions, chilli, nigella seeds, salt, ginger and butter, allowing the latter to melt in the heat of the potatoes. Season with pepper and stir until combined, then, using your hands, form the mixture into four large patties.
4 Heat enough oil in a pan to deep-fry the pakora burgers. The oil is hot enough when a cube of bread turns golden in 30 seconds. Dip each patty into the batter mixture until thickly coated, then fry two at a time for 1½-2 minutes, or until golden all over. Drain on paper towels and keep warm in a low oven while you cook the remaining pakora burgers. Wrap the naan in foil and warm them in the oven at the same time.
5 To serve, top each naan with a spoonful of the chutney. Place a few slices of tomato on top before adding the pakora burger, red onion and a spoonful of the mint raita.

Per serving: 612 cals, 16.3g fat



THE SIDES

TAMARIND & DATE CHUTNEY
Chop a 70g block of tamarind into pieces, discarding any seeds, and place in a saucepan with 85g dried chopped dates, 60g light muscovado sugar and 250ml water. Stir and bring to the boil, then turn the heat down to low and simmer for 20 minutes, part-covered, until reduced and thickened to the consistency of jam. Stir the chutney occasionally to prevent it sticking to the bottom of the pan. Press through a sieve to remove any seeds and fibres. Stir 1 tsp ground ginger and 1 tbsp lime juice into the mixture.

MINT RAITA
Mix together 6 tbsp plain yoghurt, a handful of chopped mint leaves, 1 crushed garlic clove and the juice of ½ lime.

Lebanese Lentils with Labneh Balls

E EF V F T GF

SERVES 4
READY IN 1 HR 10 MINS

3 tbsp olive oil
1 large onion, chopped
1 heaped tbsp coriander seeds, crushed
1 large red pepper, deseeded and cut into bite-size chunks
4 carrots, halved lengthways and sliced
4 garlic cloves, chopped
200g green lentils
2 tbsp tomato purée
½ tsp light soft brown sugar
½ cinnamon stick
2 tsp vegetable bouillon powder
1 long red chilli, deseeded and sliced
juice of ½ large lemon
3 handfuls of chopped coriander leaves
sea salt and freshly ground black pepper
rocket salad and flatbreads, warmed, to serve
½ recipe quantity Labneh (see Masterclass)
3 tbsp sumac or chopped thyme, preferably lemon (optional)

1 Heat the oil in a saucepan over a medium-low heat and cook the onion for 10 minutes, part-covered, until softened. Add the coriander seeds, red pepper and carrots and cook for another three minutes, then stir in the garlic.
2 Add the lentils, 625ml water, the tomato purée/paste, sugar and cinnamon and bring to the boil, then turn the heat down and simmer for 30 minutes, part-covered, until the lentils are tender.
3 Meanwhile, take one tablespoon of the labneh, roll it into a ball and dip into the sumac until coated. Place on a plate and repeat with the remaining labneh and sumac, then chill until ready to serve.
4 Stir the bouillon powder into the lentils with half the chilli, the lemon juice and half the coriander, season with salt and pepper and heat through. Spoon the lentils into serving bowls, top with the labneh balls and sprinkle with the remaining coriander and chilli. Serve with a rocket salad and warmed flatbreads.

Per serving: 468 cals, 17.3g fat





*Includes a little non-vegetarian content



Recipes taken from *The Part-Time Vegetarian** by Nicola Graimes (©Nicola Graimes) (£20, Nourish Books).



"Try your hand at cheesemaking with this simple Middle Eastern drained yoghurt cheese that has a mild, slightly acidic flavour"

MASTERCLASS
LABNEH

SERVES 6-8
READY IN 10 MINS, PLUS OVERNIGHT DRAINING

*** 500g Greek yoghurt or thick plain yoghurt * 1 ½ tsp sea salt flatbreads, crackers, figs and rocket salad, to serve**

FOR THE WALNUT TOPPING
*** 2 handfuls of walnuts, toasted and roughly chopped * seeds from ¼ pomegranate * a few mint sprigs, leaves torn * 1-2 tbsp clear honey, such as chestnut * 1 tbsp extra virgin olive oil**

1 Line a sieve with a piece of muslin or cheesecloth large enough to hang over the sides (or use a new J-cloth). Suspend the sieve/fine-mesh strainer over a mixing bowl.
2 Mix the yoghurt with the salt and spoon it into the cloth-lined sieve. Pull the cloth up around the yoghurt and twist the top to make a bundle. Leave the yoghurt in the refrigerator to drain for at least 12 hours, preferably up to 24 hours – the longer you leave it, the firmer the labneh will be. Give the bundle a gentle squeeze every so often to encourage any whey to drain away.
3 Remove the muslin bundle from the sieve/fine-mesh strainer and open it to reveal a smooth ball of soft cheese. The labneh is ready to eat. Simply place it in a serving bowl or plate, scatter the walnuts, pomegranate seeds and mint over the top and drizzle with honey and olive oil. Serve with flatbreads, crackers, figs and a rocket salad.

Per serving (8 servings): 228 cals, 13.5g fat

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IN OUR kitchen...

Here's what's been whetting our appetites this month

CRAMMED WITH CHARACTER

A true cheeseboard should cater to all palates, offering bold and subtle flavoured cheeses, capable of keeping guests guessing

SHEPHERDS PURSE YORKSHIRE BLUE

shepherdspurse.co.uk

Handmade with the finest ingredients, this cheese is matured slowly over an eight-week period. It's fantastic as an introduction to blue cheese as its maturing process leaves it buttery, sweet and mild.

GODMINSTER OAK-SMOKED VINTAGE CHEDDAR

godminster.com

A sumptuous truckle of rich and smooth Cheddar housed in a hand-wrapped muslin cloth – this cheese not only looks the part, but tastes it, too. Pair it with a vibrant chilli jam for a match made in heaven!

PAXTON'S CAVE AGED CHEDDAR

paxtonandwhitfield.com

Created to a traditional recipe using milk from local herds to get a fruity flavour and smooth texture, it's matured in caves, where this delightful Cheddar picks up a complexity from the unique environment.



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£1.35 (5p donation) Waitrose



ALPRO ALMOND MILK
£1.69 (16p donation) ASDA

THE ART OF Fermenting



Each month, vegetarian cookery school owner Rachel Demuth gives us her top advice. This month, she teaches us all the art of fermenting foods

Fermentation is the trend everybody is talking about, however it's actually an ancient method to produce and preserve food and drinks. We're currently rediscovering how tasty and healthy fermented cuisine can be; I think it's a great addition to our diet! Fermentation is fascinating as it increases beneficial bacteria, antioxidants, vitamins and enzymes, which are all fantastic for healthy gut health. A popular fermented food is sourdough, but I'd seek out more unusual examples, such as kefir (a fermented milk drink), kombucha tea or fermented vegetables, such as sauerkraut and kimchi.

A process called lacto-fermentation helps to make sauerkraut – Lactobacillus is one of the beneficial bacteria found naturally in raw veggies, fruits, yoghurt and other cultured foods. When the cabbage or other vegetables are submerged in brine, the bacteria converts the natural sugars into lactic acid, which, in turn, preserves as it inhibits the growth of harmful bacteria. **Book a place on Rachel Demuth's Fermentation Course on 11th October. To learn more demuths.co.uk/cookery-courses/course/fermentation-class**

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Barista & Co 8 Cup Coffee Plunge, £44, Lakeland

2. PLAN YOUR DAY
Copper Weather Clock, £295, bramwellbrown.com

3. TREAT YOURSELF TO A TIPPLE
Adnams Copper House Gin, £27.50, Ocado

4. LUXURIOUS LONGEVITY
24cm Copper Tri-Ply Stock Pot and Fry Pan, £105.99 and £65.99, Lakeland

5. TASTEFUL TOAST
Dualit Classic Copper 4 Slice Toaster, £189.99, Lakeland

A DELICIOUS CIRCLE

So you've bought a spiralizer, made courgetti, but what else can you make with it? We tracked down some of the best dishes you can make with the gadget everyone's loving



Superfood Salad on a Bed of Soft Noodles

E EF V F T GF

SERVES 1
READY IN 10 MINS

1 courgette
1 tsp olive oil
1 garlic clove, finely chopped
1 tsp maple syrup
3 Brussels sprouts, finely chopped
3 walnuts, coarsely chopped
4 sundried tomatoes, rinsed and chopped
1 handful watercress
1 handful spinach leaves
1 tsp mixed seewds
juice of ½ lime

1 Spiralize the courgette on the ribbon blade, then place in a serving bowl. Drizzle over the olive oil and toss the noodles to coat.
2 In another bowl, combine the garlic, maple syrup, Brussels sprouts, walnuts, sundried tomatoes, watercress and spinach, and toss to mix. Place the salad on top of the noodles and scatter over the seeds. Squeeze over the lime juice and serve immediately.
Per Serving: 330 cals, 25g fat

Sweet Potato Rösti

E EF V F T GF

SERVES 1
READY IN 45 MINS

½ sweet potato, peeled
1 small onion, finely chopped
100ml low-fat coconut milk
1 tbsp coconut flour
1 pinch Himalayan salt
dash of olive oil
1 handful fresh parsley, chopped
1 spring onion, finely sliced
1 handful spinach leaves

1 Preheat the oven to 170C/325F /Gas 3.
2 Spiralize the sweet potato using the finest blade, then place in a bowl with the onion.
3 Blend the coconut milk, flour and salt to make a sticky batter. Pour the batter over the sweet potato and combine all of the ingredients to make sure everything is well coated.
4 Line a baking sheet with greaseproof paper and turn out the mixture on to the sheet. Using your hands, form the rösti into a thick round, around 15cm (6in) in diameter. Using a wooden spatula, neaten the sides of the rösti as any pieces that are sticking out will quickly burn.
5 Transfer to the oven and bake for 15 minutes. Remove from the oven and flip over with a large wide spatula, reshaping the rösti if necessary. Return to the oven for a further 15-20 minutes, until golden and crispy.
6 Transfer the rösti to a serving plate and garnish with freshly chopped parsley. Serve alongside a salad of spinach leaves and spring onions, and a wedge of lemon.
Per serving: 327 cals, 11g fat

"This colourful salad is packed with enzyme-rich ingredients that tick all the nutritional boxes. Spiralizing is a great way of getting vegetables, such as these courgettes into your diet, and by eating them raw, your body will receive 100 percent of their health-giving benefits"







"These pretty parcels are a feast for the eyes as well as the taste buds. They are served with a zingy mango sauce that is easy to make but packed with flavour. This recipe is for a single portion of three parcels but, scaled up, these would make a great, super-healthy starter for a dinner party"

Coriander and Mint Rice Paper Parcels

E EF V F T GF

SERVES 1
READY IN 10 MINS

½ mango, peeled and stone removed
1 tbsp lime juice
1 tsp chilli flakes
30g raw almonds
1 tsp tamari soy sauce
½ celeriac, peeled
1 carrot
30g canned butter beans
1 sprig fresh mint leaves, chopped
1 sprig fresh coriander leaves, chopped
1 small red chilli, finely chopped
3 rice paper sheets

1 Place the mango, lime juice and chilli flakes in a blender and blend until smooth. Set aside until needed.
2 In a food processor, coarsely chop the almonds, then transfer to a bowl. Pour over the tamari and stir to ensure an even coating.
3 Spiralize the celeriac and carrot using the finest blade, then transfer to separate dishes.
4 In a bowl, mash the butter beans until smooth, using the back of a fork. Add the tamari-soaked almonds and stir to combine.
5 Prepare a space on your work surface and lay out a clean tea towel. Have your bowls of prepared ingredients close to hand.
6 Fill a large bowl with boiling water and add the rice sheets. Leave to soften for one minute, ensuring that they do not fold over on themselves as they are very sticky.
7 Lay the soaked rice papers out flat on the tea towel. Spread a spoonful of the butter bean and almond mixture over each sheet, then top with the noodles and herbs. Fold each wrap, turn it over on itself once, tuck in the top and bottom edges, then fold over once more to seal. You will need to work quickly.
8 Transfer the wraps to a serving plate and serve with the mango dipping sauce.

Per serving: 337 cals, 12 g fat



Spicy Vegetable Stir-fry

E EF V F T GF

SERVES 1
READY IN 20 MINS

⅓ courgette
½ onion
½ apple
½ tsp olive oil
1 red chilli, chopped
1 garlic clove, finely chopped
¼ red pepper, sliced
2 mushrooms, sliced
2 baby sweetcorn, halved lengthways
4-6 mange tout, halved lengthways
juice of ½ lemon
1 tbsp tamari soy sauce
½ mango, peeled and chopped
1 handful coriander, chopped, to serve

1 Spiralize the courgette and onion using the finest blade, then set aside in separate bowls. Spiralize the apple using the medium blade 2, then set aside.
2 Heat one tablespoon of the oil in a wok over a medium heat and add the chilli, garlic and red pepper. Cook for one minute, then add the mushrooms and spiralized onions to the wok. Keep everything moving and cook for two minutes until the onions have softened. Add the apple noodles to the pan, along with a splash of water and cook for a further two minutes. Add the mini corn, mange tout, lemon juice, tamari and remaining olive oil and cook for two minutes more. Add the courgette noodles to the pan and toss to coat, cook for a final minute and, finally, stir in the mango. Remove from the heat and set aside for two minutes while all the flavours infuse.
3 Transfer the stir-fry to a serving plate and garnish with coriander to serve.

Per serving: 338 cals, 23g fat

READER OFFER



Recipes taken from *Spiralize! 40 nutritious recipes to transform the way you eat* by Stephanie Jeffs (£12.99, Pavilion Books). Veggie readers can get this book for the special price of £10, plus free UK p&p. To get your copy, call 0844 576 8122, quoting ref CH1937.



THE WEEKEND PROJECT

If you've never made bread, you must. Forget adding it to your foodie bucket list and set aside some time this weekend and make this hearty loaf. You won't regret it...



Badger Ale and Walnut Loaf

E EF V F T GF

MAKES 1 LOAF
READY IN 2 HRS

500g strong white bread flour, plus extra for kneading
75g rolled oats
5g fast-action dried yeast
10g fine salt
300-350ml bottled Badger Ale
1 tbsp olive oil
75g walnut pieces

1 Place the flour, oats, yeast and salt in a large mixing bowl. Add the Badger Ale and olive oil, and mix to a rough dough with one hand. Add a little more flour or ale as needed to make a soft, sticky dough.
2 Turn out onto a floured work surface and knead for 8-10 minutes until the dough is silky and pings back when pressed. Shape into a round and place in an oiled mixing bowl. Cover the bowl and leave to rise in a warm place until doubled in size.
3 Knock back the dough for two minutes then stretch out on the worktop. Scatter over the walnut pieces, fold, roll and knead briefly to disperse them.
4 Form into two equal size rounds and place on lined baking sheets. Cover with a clean tea towel and leave to prove until nearly doubled in size. Meanwhile, preheat the oven to 220C/425F/Gas 7 (reduce for fan ovens) and place a baking tray of boiling water in the bottom of the oven.
5 Slash a cross in each loaf with a serrated knife, and bake for 35-40 minutes until the loaves feel hollow when you tap the base. If the loaves are browning too quickly, turn the heat down after 15 minutes to 190C/375F/Gas 5 and cook for a further 20-25 minutes.

Per loaf: 2,742 cals, 79.9g fat



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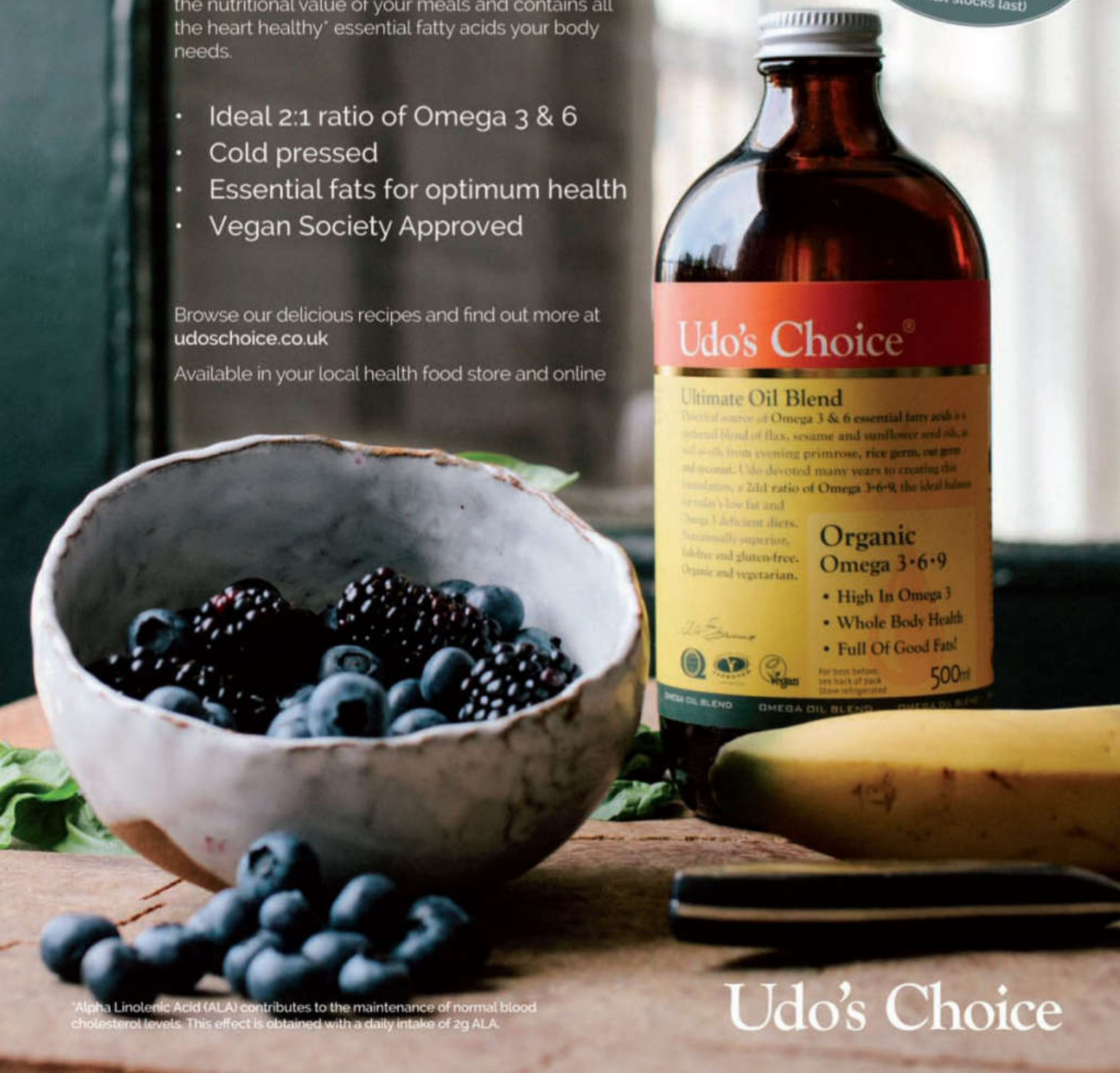
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Udo's Choice

If you do one thing this month...

SWAP SUGAR-LADEN TREATS FOR THIS HEALTHY ALTERNATIVE

You scream, we scream, we all scream for ice cream! Not just for summer, ice lollies can be enjoyed all year round and these home-made beauties from Naturally Sassy are oh-so impressive, and easier to make than you might think. No need to wait for the next heat wave, whip up these dairy-free treats tonight!



Try it

Strawberry and coconut ice-lollies

E EF V F T GF

MAKES 8
READY IN 10 MINS (PLUS 2HRS FREEZING)

300ml tinned full-fat coconut milk
1 banana, peeled
4 Medjool dates, pitted and chopped
100g strawberries, hulled

* Place the creamy part of the coconut milk (leaving any watery liquid in the tin) in a blender with the banana and dates and blend until smooth. Pour half the mixture into a jug, add the strawberries to the mixture left in the blender and blend again until smooth.
* Pour the strawberry mixture into the ice-lolly moulds and then the remaining coconut mixture on top. Put in the freezer for a couple hours to set.

Recipe from *Naturally Sassy* by Saskia Gregson-Williams (Ebury press, £16.99)
Photography by Matt Russell

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"BELIEVE IN YOURSELF -IT'S ONLY THEN THAT YOU CAN START TO CREATE A LIFE THAT YOU LOVE"



Want to live with more passion and purpose? Wellness guru **Lorna Jane Clarkson** tells us how to strike the right balance

Move, nourish believe – that's the philosophy behind the Lorna Jane lifestyle brand, and also where the founder draws her inspiration for her latest project. From designing fashionable fit kit, to growing a wellness empire, Lorna Jane Clarkson is a force to be reckoned with. With four books already under her belt, Clarkson has launched her first coffee-table book *Inspired*, and that's exactly how you'll feel after flicking through the stunning pages. Packed with authentic, honest advice from the lady herself, she'll guide you on style, life goals and creating more balance in your life. On top of this, you can also expect nourishing recipes and DIY beauty tips to keep you motivated and dreaming big. So, we decided to grab five with the Aussie queen of wellbeing to discover more about the incredible woman behind the brand...

ON WHAT INSPIRES HER

"At Lorna Jane, everything we do is about inspiring women so it made sense that we would write a book about living an inspired life. Supporters of our brand are constantly telling us that one of the reasons they are drawn to Lorna Jane is because we help motivate them – to be fit, to be healthy and, ultimately, inspire them to believe in themselves.

"*Inspired* shares my personal thoughts on how to get the most out of life in the hope that it will encourage others to do the same. It's filled with honest and authentic advice on dreaming big, finding new and interesting ways to move, nourish and believe every day, plus tips on creating a life that is exciting and perfect for you!"

ON DIET

"I believe that you are what you eat, so I practise eating fresh and in-season for maximum taste, nutrition and enjoyment. What I eat varies day-to-day, but my typical diet looks like this:

On rising: Morning tonic of 1 tsp apple cider vinegar, juice of half a lemon, a pinch of cayenne pepper and some warm water to kick-start my metabolism and digestion.

"I BELIEVE YOU ARE WHAT YOU EAT"

I also drink 600ml of filtered water as soon as I wake up to hydrate myself after hours of sleeping.

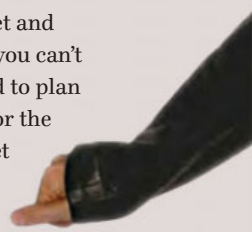
Breakfast: Either a big bowl of quinoa porridge topped with fresh berries and a drizzle of Manuka honey or my breakfast crumble with homemade vanilla labne (recipe in *Inspired*). Both are delicious and perfect for anyone with a sweet tooth, like me!

Lunch: I usually go for something light like my favourite Brussels sprout salad. My afternoons are fairly jam-packed with meetings, fittings and catching up on emails, so I treat myself to a homemade bliss ball or apple slices with peanut butter.

I also ensure I drink at least two litres of filtered water throughout the day – water is the best (and cheapest) beauty product on the planet!"

ON MAKING HEALTHIER CHOICES

"Be prepared! If you want to adopt a healthy diet and make nourishing choices throughout the week you can't afford to have an empty fridge – you really need to plan ahead. Sundays are when I prepare my meals for the week – I make a trip to my local farmer's market and plan out what I'm going to eat for the week ahead. I make a few different dishes that I divide into portions and freeze (soup, vegetable lasagne), cut up veggie sticks to eat with a homemade dip and make a batch of bliss balls or a raw slice to freeze for on-the-go snacks. Although it takes a little time, I love starting my week knowing that I have nourishing meals and snacks ready to grab at a moments notice."



ON WELLNESS

"My personal 'Active Living' philosophy is all about getting more out of life by giving more of yourself every day. I honestly believe I wouldn't have the energy to live the busy life I do if I didn't move my body every day, nourish with real foods and adopt a positive mindset. I make exercise a non-negotiable part of my day, no exceptions!

Whether it's a 15-minute express session before work, a long relaxing yoga class at the end of the day or simply walking my dog. No matter how busy my life gets, I also make a point of nourishing my body with whole, real foods to give me the energy I need to think, perform and be at my very best.

"It's all about finding balance, and when you eat well and move your body you really do become the very best version of you, and everyone around you can see it."

ON FEELING BALANCED

"I don't actually chase balance; I believe if you do what you love then this concept of 'balance' everyone seems to searching for looks after itself. I think the biggest roadblock for most women is that they spend too much time making themselves do things that they don't really enjoy! Find a job that you love, a workout you enjoy, healthy foods and habits that you will look forward to."



ON BEAUTY

"My day-to-day look is fairly natural and most days I am make-up free with just tinted moisturiser and lip gloss being my signature look. My beauty routine is simple and fuss-free too. I dry body brush every morning to increase circulation and keep my skin smooth and soft, moisturise my body with coconut oil and finish off by applying an SPF30+ sunscreen and tinted moisturiser to my face. I have recently started using a vitamin C serum under my moisturiser during the day and I love Rosehip oil to nourish my skin at night.

"I actually use cold pressed extra virgin coconut oil in place of most other beauty products; make-up remover, body moisturiser and as an overnight hair treatment – it's my all-round beauty must-have! I also stay away from processed foods and make sure I drink at least two litres of water every day – because no beauty product on the planet can disguise dehydration or bad health."

ON ADVICE FOR HER YOUNGER SELF

"I am inspired by so many people, but mostly by people that make a difference – that have a unique vision or point of view and are brave enough to pursue it and share it with the world. There is nothing more inspirational than seeing someone chase their dream no matter how big or small it is. And the great thing about inspirational people is that just by chasing their own dreams, they inadvertently inspire those around them to do the same.

"Be yourself and trust your instincts! I can honestly say that I wouldn't change a thing when it comes to growing Lorna Jane from the ground up. But there were times when I had doubted myself, and think I would have dreamed even bigger in the early stages, if I had trusted my instincts and been a little braver."



Extract from *Inspired*, Lorna Jane Clarkson (£34, activeinstyle.co.uk)

10 Tips FOR HEALING THE BODY



1 Calm your mind every night. Before you go to sleep, in a notebook, write down all your worries, close the book, put it away and go to sleep, rest assured, knowing that you have put your worries to bed, too.

2 *Avoid inflammatory foods such as refined sugars, white bread and trans fats.*



3 Be still. Rejuvenate your mind and body in the AM or PM with some mindful meditation.

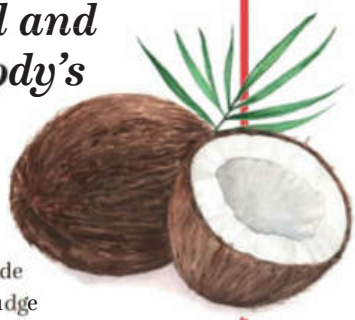
4 Love the skin you're in and go natural; incorporate coconut oil, rosewater mist and dry body brushing in your every day rituals.

5 *Stay hydrated by drinking plenty of water every day.*

6 Include protein in every meal to help your body build new cells and lean muscle.

7 Eat antioxidants aplenty. They will protect against free-radical damage and make your skin glow from the inside out.

8 *Essential fatty acids like avocados and nuts will heal and protect all your body's perfect organs.*



9 Have a gratitude attitude and judge nothing that occurs.

10 *Get your heart rate up by moving your body every day.*

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HEALTH

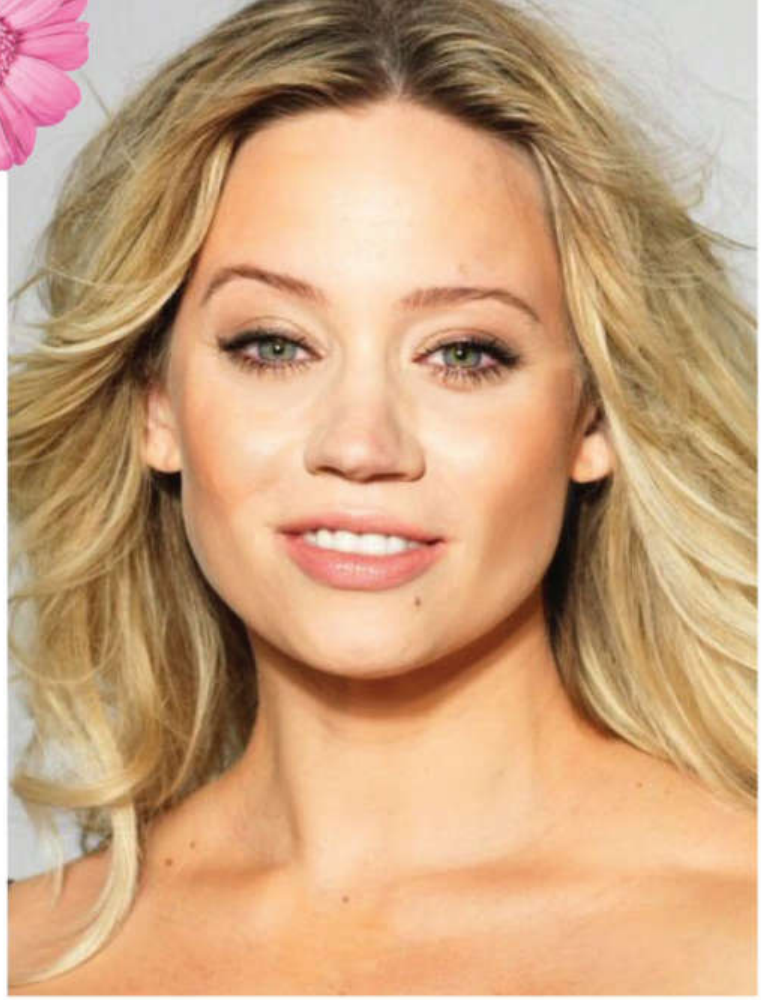
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Check out Kimberly's blog at kimberlywyatt.com

BEAUTY BAG INSIDER

Want a cosmetics collection any super star would be proud of? Who doesn't?! American beauty **Kimberly Wyatt** is no stranger to glamour, so we couldn't wait to find out her make-up essentials

Don't cha wish your skin was clear and clean? Don't cha? Well veggies, wish no more, because former Pussycat Doll, Kimberly Wyatt has revealed the secrets to a flawless complexion. Known for her platinum pixie cut and eye-poppingly flexible dance moves, the *Got To Dance* judge has come along way since her days with the Dolls; now she's the *Celebrity Master Chef* 2015 champion, co-founder of Beautiful Movements Cosmetics and mum to baby Willow [eight months]. This month, we caught up with the mum on a mission to find out which cruelty-free beauty products she can't live without...

1 Organic Grape Water, £6, uk.caudalie.com
I love this face mist! During and after a long flight or in the middle of a hot, busy day it gives me a little pick-me-up.

2 Dr Organic Snail Gel, £19.99, Holland & Barrett (not suitable for vegans)
This really helps firm the skin and help diminish lines. I use it on my face and neck.

3 Trilogy Rosehip Oil 100% Organic, £28.65, Holland & Barrett
Rose just makes me feel romantic and essential oils have natural powers that make me feel pretty.

4 Stellar Beauty Balm, £18, balanceme.co.uk
It's natural and it works! I love to put it on under my make-up base and it helps my skin look supple and moist.

5 Soigne in Bleu de Gex and Taro, £11 each, soignenails.com
Soigne offer gorgeous colours and you can get away with just one coat. As a mum, the first thing to slide was getting my nails done regularly, so having a product like this that can look good after one coat is a life saver!

6 The Glow Molecule, £38, fountain.co
This helps give my skin what it needs to glow naturally. As a mum that lives on a bit less sleep than I'd like, this is the boost that makes all the difference.

7 Perfectly Pure Coconut Oil, £15.49, Holland & Barrett
It's the go-to product that does so much; from cooking with it in the kitchen, to doubling up as a moisturiser, or even as a make-up remover. It works!


7
PERFECTLY PURE
COCONUT OIL
Great For Cooking
SOIGNÉ
2
Bioactive Skincare
Organic
Snail Gel
SOIGNÉ
4
balance me
3
Certified Organic
Rosehip Oil
CAUDALIE
1
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5
SOIGNÉ
6
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TIME FOR AN OIL CHANGE

Oils are a big source of fat in a diet, but also full of nutrients, so it pays to use the right one for the dish and its health properties. Here's how to get more from your oils



Sunita Organic Fresh Lemon Infused Olive Oil £7.99, health food shops
Olive oil is a great oil to cook with but can sometimes lack flavour, which is why we love the addition of fresh lemon here.

Cook's and Co Toasted Sesame Oil, £4.39, Ocado
Some Asian dishes work best with a bit of sesame oil, but for health properties, we suggest using at the end of cooking as it's high in omega 6 fats (about 40%) which are not heat stable.

The Groovy Food Company Organic Virgin Coconut Oil £6, groovyfood.co.uk
The most heat stable of all the oils here, it has antiviral, antibacterial and anti-fungal properties thanks to its lauric and capyrilic acid.

The Waitrose Farm Leckford Estate Cold-pressed Rapeseed oil £4.99, Waitrose
To retain this oil's abundance of omega 3 and 6, use it at the end of cooking.

Nudo Original Extra Virgin Olive Oil £12, nudoadopt.com/shop
Extra virgin olive oil contains the most polyphels, which are important protective antioxidants for supporting cardiovascular health. Fab in dressings.

7 REASONS TO TAKE UP YOGA

Heard people raving about the benefits of yoga, but still not convinced? *Emmerdale* actress **Roxy Shahidi** tells us why it's time to dust off your mat and reap the healthy rewards. From improving your mood, to helping you get a better night's sleep, here's why you should be doing yoga...

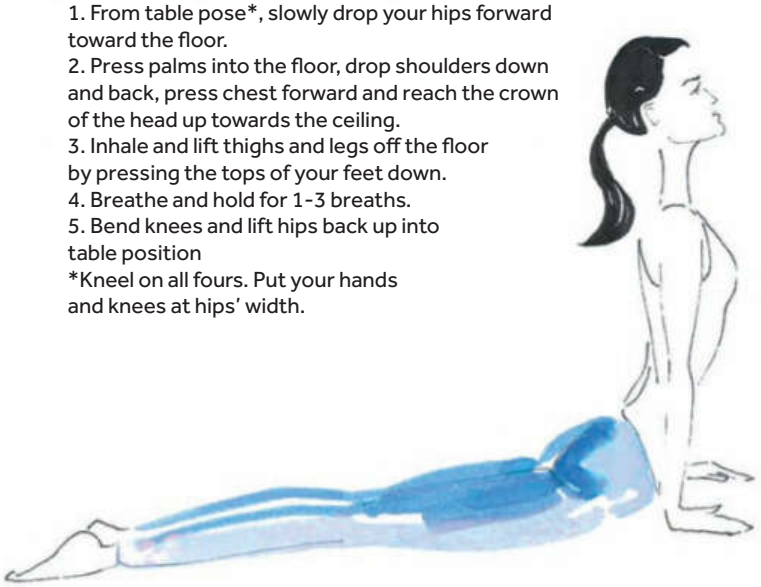
To tone your body

Yoga gives you a full-body tone. It works all the muscle groups, creating power and flexibility. Plus, engaging your core muscles will tighten your torso.

TRY: UPWARD FACING DOG

1. From table pose*, slowly drop your hips forward toward the floor.
2. Press palms into the floor, drop shoulders down and back, press chest forward and reach the crown of the head up towards the ceiling.
3. Inhale and lift thighs and legs off the floor by pressing the tops of your feet down.
4. Breathe and hold for 1-3 breaths.
5. Bend knees and lift hips back up into table position

*Kneel on all fours. Put your hands and knees at hips' width.

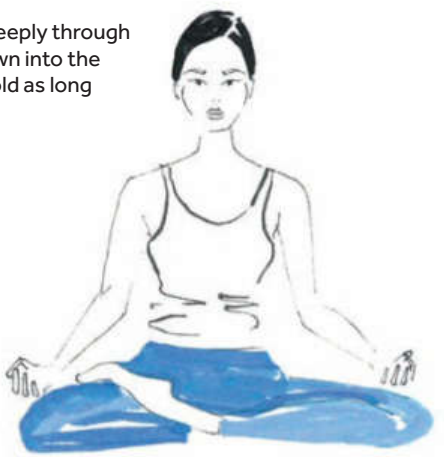


Improve your mood

Yoga by its very nature is a mind-body exercise – by stimulating specific glands, it helps your brain to produce its own positive mood-altering chemicals. Meditation, mantras and engagement of the body as a whole, will all serve to benefit your psychological well-being.

TRY: ACCOMPLISHED POSE

1. With buttocks on the floor, cross legs, place one foot close to the inner thigh and the other close to the ankle, so both heels are nearly at your middle. Rest hands on knees or in the lap with palms facing up.
2. Press the hip bones down into the floor and reach the crown of the head up to stretch the spine. Drop the shoulders and back, and press the chest towards the front of the room.
3. Relax the face, jaw, and stomach. Tongue should rest on the roof of the mouth, behind the front teeth.
4. Breathe deeply through the nose down into the stomach. Hold as long as you can.





To detox

Spinal twist poses release muscles around the spine and lower back to help ease pain and increase flexibility. Compression and twisting also helps to release toxins. Forward bends serve to compress the digestive organs, speeding up the elimination of toxins.

TRY: HALF LORD OF THE FISH

1. Sit on the floor, with your legs out in front of you. Then, bend your knees, put your feet on the floor and slide your right foot under your left leg.
2. Step your left foot over your right leg.
3. Exhale and twist towards the left. Press your left hand to the floor and hold.

For a better night's sleep

Yoga calms and relaxes both the body and the mind. Your quality of sleep will improve as yoga has a positive stimulatory effect on the brain. Specific postures help to increase the circulation in the areas of the brain that are responsible for sleep, calming you and re-setting your brain back to its normal sleep cycle.

TRY: CHILD'S POSE

1. Face your body towards the floor in a foetal position. Knees and hips bent with shins on the floor.
2. Stretch your head forward towards the ground and your forehead may touch the ground. Your chest can rest on your knees. The arms may be stretched forward in front of the head or backwards towards the feet.



To boost energy levels

Yoga is an invigorating energy-booster and will leave you energised from finger tips to toes. It enables you to re-light the spark of life within your body and un-block any trapped energy. Because we stretch the spine out in yoga it energises both the brain and the body, making us more alert and full of life.

TRY: SUN SALUTATIONS

1. Position yourself at the front edge of your mat in mountain pose (standing straight) with hands against your heart.
2. Inhale, bringing arms out to the sides and connect palms above your head in raised arms pose.
3. Raise your gaze to your hands and slide your shoulders away from your ears.
4. Exhale, fold forward
5. Inhale, look forward
6. Exhale, fold forward, inhale move into plank** exhale, push down, inhale into up dog
7. Exhale into downward facing dog, for five breaths.

** On your elbows and knees, lock hands together. Straighten legs, so that you're supported by the balls of your feet, with feet hip-distance apart. Face down, ensure you don't arch your back or stick your bottom in the air.





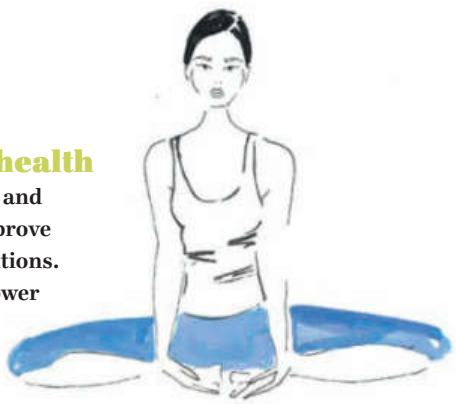


For better concentration

The focus applied on the mat and during meditation creates not only physical discipline but also a mental one that will translate off the mat and into your life. As you are trained to remove the 'static noise' and extraneous thoughts and focus, you'll find your concentration will improve. Staying in the moment, appreciating what your body and breath are doing at a particular point in time and how a part of the body feels, really helps to develop the ability to concentrate, which will go on to help in all aspects of your life.

TRY: EAGLE POSE

1. Bend your knees slightly, lift your left foot and balance on your right foot. Cross your left thigh over your right.
2. Stretch your arms forward. Cross your arms in front of you, so your right arm is above your left and bend your elbows.
3. Raise your forearms perpendicular to the floor. Stretch the fingers up towards the ceiling.



To improve back health

Spinal twisting, extending and strengthening helps to improve and prevent all back conditions. For those suffering with lower back pain, stretching is key. Stretching yoga positions help to increase the blood flow, allowing nutrients to be absorbed, and toxins to be flushed out. They also contribute to the general health of the tissue and muscles of the lower back. Yoga's focus on good posture helps keep the natural curvature of the spine healthy.

TRY: BOUND ANGLE

1. Seated with both your legs outstretched forward, hands by the sides, rest the palms on the ground, fingers together pointing forward.
2. Exhale, bend your knees, then pull your heels towards your pelvis and drop your knees to the side.
3. Keep your body upright and gaze forwards. Hold this before returning to the start position. Stretch the thighs carefully.



AM/PM Yoga for beginners by Roxy Shahidi (£12.99, amazon.co.uk)
Illustrations: sarahsmart illustrations.com



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HEALTH BITES



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The super seeds have seen a rise in popularity recently and it's not hard to see why; they're high in fibre, aid digestion and balance blood-sugar levels, plus they're a complete plant protein – perfect for vegans and vegetarians alike.

Simply sprinkle some Chia Bia (£12.99, Holland & Barrett) seeds onto your granola at breakfast, blend in a refreshing coconut smoothie or add to some courgetti for an easy mid-week meal. All you need is two tablespoons a day for two weeks to see a difference! We love this Overnight Oats with Coconut, Strawberry and Lime – find out how to make it at vegetarianrecipesmag.com/chia



SO FRESH AND SO CLEAN

Break-ups, bad hair days or an evening with your bestie; everything's better with a cuppa! But it might be time to ditch your traditional brew in favour of the new Clean and Lean tea infusions. Whether you're craving some calm before bedtime or increased alertness on a busy day, there's something to suit every mood. We can't get enough of the I Am Beautiful tea, £21, bodyism.com

Let's go OUTSIDE

Love to exercise but not a fan of the gym? You're not alone! A survey by garden and conservatory furniture retailer, Alfresia.co.uk has found that 60 percent of British adults would prefer to exercise outdoors than in a fitness studio, with one in three of us opting to exercise in the garden. Why not invite a group of your friends over for an alfresco session this month?

UP YOUR PROTEIN

It's vital for building muscle, sustaining energy and balancing blood-sugar levels, but the chances are the P word still makes you a little uncomfortable. But fear not, including protein in your diet won't give you Arnie-esque muscles, quite the opposite in fact – you may even lose a few pounds!

Natural soy, lentils and quinoa are all good sources of protein, but if you need to up your intake, try this great-tasting Vegan Protein blend; made with whole hemp and pea protein sources. £34, neat-nutrition.com





An apple a day

You've got to work early, you've checked all your emails and you've attended that breakfast meeting – today will be a productive day! But when elevenses roll around and you've found yourself scrolling through Instagram, are you able to resist the pesky snack attack? According to Leatherhead Food Research, 45 percent of us fall into the snacking trap when we're not hungry and 76 percent of us mindlessly eat when we're doing other things. The research found that Pink Lady apples (pinkladyapples.co.uk) were among the most snackisfying foods, while crisps and chocolate were deemed guilty treats. So, next time you reach for your mid-morning filler, swap your biccies for something more refreshing, like a crunchy apple or raw carrot sticks.



Ask Dr Rosemary

GP ROSEMARY LEONARD ANSWERS YOUR QUERIES:

Q I'm usually a deep sleeper, but since entering my 50s I'm finding it harder to drift off. Are there any natural remedies for a better night's rest?

A Following good 'sleep hygiene' rules can often help; avoid stimulants such as caffeine and alcohol within a couple of hours of bedtime, and stay away from large meals, too. Try to avoid looking at a screen (the TV, computer or phone) in bed, and make sure you are a comfortable temperature. Many women in their 50s find their body thermostat goes haywire, and having a thin duvet is usually best, adding extra layers if you feel cold.

Dr Rosemary Leonard is a GP and Media Medic. To find out more, visit drrosemaryleonard.co.uk

SOCIAL BUTTERFLY

Want to know the secret to a longer life? It turns out that having a large social circle could be good for your health. A study published in the journal of *Psychology and Ageing* found that those who had more social interactions were more likely to benefit in later life.



FATIGUE FIGHTERS

If you're in need of an energy boost try upping your vits – vitamin B12 to be precise. Simply use BetterYou's B12 Boost Oral Spray to combat sluggish feelings. £11.95, betteryou.com

And... relax!

If, like us, you have a million things whizzing through your mind during a busy day, there sometimes doesn't feel like you have enough time to step back and take a breath.

A recent survey conducted by RESCUE (rescueremedy.co.uk) discovered that when we're run off our feet, 34 percent of us rarely stop to gather our thoughts, while a massive 42 percent wish they were more composed. The pressures of modern life can often leave us feeling overwhelmed and frazzled after a stressful day, but Neil Shah from the Stress Management Society has come up with some top tips to help you stay calm and collected:

- Stand up straight with your feet hip-distance apart.
- Before starting the breathing have a look around the room; focus on the colour, sound, energy and how you feel.
- Inhale through the nose and raise arms out sideways. The diaphragm descends and belly pumps out as you do.
- Exhale through the mouth and bend your arms in to ribs. Repeat this 30 times. 10 x slow, 10 x medium and 10 x fast.

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The goodness...

Avocado oil is one of the healthiest and most versatile cooking oils available.

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- All natural, contains no trans fats, additives, preservatives or artificial ingredients
- Every 250ml bottle contains the oil of approximately 20 avocados.

Available from all Sainsburys and Waitrose stores, and selected specialty stores

www.olivado.com

If you do one thing this month...

INJECT A POP OF COLOUR INTO YOUR KITCHEN

It's all about floral co-ords this month, but don't just limit your colourful combos to your wardrobe, make a statement in the kitchen too with a matching toaster and kettle set. Enter, the gorgeous collaboration between British manufacturer Dualit and Scottish design company, bluebellgray! The vivid Abstract patterned panels add a contemporary edge to this classic design – we love!

The Dualit Architect Kettle in Polished and Canvas White is priced at £79.96, with bluebellgray panel pack, £24.95. The Dualit Architect Four Slice Toaster in Polished and Canvas White is £99.95, with bluebellgray panel pack, £24.95 (dualit.com or bluebellgray.com).



"Make a statement in the kitchen with a matching toaster and kettle set"

“Once you see how much you can transform something, it’s completely addictive”

Kirstie Allsopp explains why we should all be embracing shopping at auctions, upcycling and even, a spot of skip-diving...

From purchasing property to filling it with beautiful objects, Kirstie Allsopp has carved out a sparkling career as the woman we go to for all things nest-related. Having started out by working for titles like *Country Living* and *Food and Homes Magazine* before finding fame on Channel 4 property show *Location, Location, Location* alongside her flirty co-host Phil Spencer, she’s now curating The Handmade Fair (18-20th September, Hampton Court).

Since the recession, more and more people have taken up older pursuits, from simpler pastimes like sewing and knitting, to reviving some age-old crafts like weaving and spinning. But Kirstie doesn’t necessarily think it was a poorer nation turning to a make-and-do-mend attitude to get by. “I’ve thought about this a lot – and I mean a lot – and I think that it’s second and third generation women in the workforce,” Kirstie explains. “And I think a lot of women felt like they had to reject things that could on one level be perceived as home-making skills, because a lot of crafts do stem from that. But people have come back to them, they’ve come back to the things they saw their grandmother doing and they’ve realised the therapeutic - enormous therapeutic – benefits.”

And with shops bursting with colouring books rebranded as ‘adult colouring books’ or ‘mindfulness colouring in’, Kirstie may just be onto something. That feeling of connecting with your hands and the end product offers relaxation and satisfaction that every home cook can relate to. “I mean, we all know that when we decide to cook something rather than getting it out of a packet, when you actually put it down on the table, it feels different,” she says. “It certainly tastes different! And I think that although I’m a great buyer of things, when you make something, you do have that sense of having achieved something. For a lot of women, that’s their ‘me time’. They go out to work, they have very busy lives and are looking for something therapeutic to enjoy in their down time.”

Revamp and reuse

Kirstie comes from a family who were keen painters and furniture buyers, so it’s little wonder she’s also became the figurehead for up-cycling, the process of reviving old pieces of battered furniture with new upholstery or a coat of on-trend chalk paint. Her father worked at Christy’s while her mother framed pictures, but they were both keen painters. After Kirstie’s Handmade shows, her next project became the popular *Fill your House for Free*, a show dedicated to injecting love into old and found furnishings.

“Well that was completely after my own heart show,” she reveals. “I think sometimes, with me, it can be a question of, is it patronising for a woman with all my privilege to tell people to get things out of a skip? But I don’t think so! I’m constantly surrounded by things that come out of skips and get painted. I mean it’s a joke in our family!”

If you want to try upcycling yourself, Kirstie has one simple piece of advice: just give it a go. “Until you’ve bought something which is dark, dark, dark glossed mahogany and painted it with chalk paint, it’s impossible to know how different it can look,” she says. “My number one tip is – borrow something, steal something – whatever you have to do, but do your first project and once you see how much you can transform something, it’s completely addictive.”

But before you start skip-diving (with permission, of course),

beware that even seasoned bin raiders can come unstuck. "We got a mirror out of a skip once and hung it up and it was like the emperor's new clothes – no one was prepared to say how unflattering it was until one very tall, very slim colleague of mine stood in front of the mirror and said, 'Oh my God, where did you get this mirror?!' And we thought we were just having a fat day. Obviously the mirror had been chucked out because it was appallingly unflattering."

Going, going, gone!

"One of the best places you can grab a bargain for your home is your local auction house. If you haven't been before, it's not as daunting as it sounds. "Just do it within what you can afford. I do it every weekend, I leave bids. So it's what you can afford and what you like. I have left bids of £15, £20, £25, £30. No one should think that they can't leave bids along those lines. And auctions will tell you the same."

If you've been inspired, try our soya candle recipe (right) or visit The Handmade Fair on 18-20th September at Hampton Court Palace. For tickets and more information, head to thehandmadefair.com





TRY THIS AT HOME...

DIY Soya Candles

MAKES 1 CANDLE
READY IN 1 HR

202g Excel Wax Soya Wax
LX18 wick
1 Meredith 30cl Glass
wax glue
18g fragrance oil
warning label

You will also need:
pan (or Pyrex bowl snugly on top of a saucepan filled with simmering water)
measuring jug
thermometer
scales
2 wooden kebab sticks
2 elastic bands

1. Clean your glass and allow it to sit for 30 minutes.
2. Take the wick and put a small amount of wax glue on the bottom of the silver sustainer part. Put into the centre of your glass and press gently. You'll also need to keep the wick standing upright when the wax is poured in, so take your kebab sticks, place them side by side and secure at either end with your elastic bands. Feed the top of the wick through and rest on top of the glass to keep the wick upright.
3. Weigh out the wax and add to the pan. Put on the cooker and allow to melt slowly, taking care not to boil. Just before it's melted, turn down the heat, add your fragrance and stir. Remove from the heat and pour into your jug. Pop the thermometer in and allow to cool to 55C.
4. Once the wax is at pouring temperature, slowly pour into your glass. Do not move the candle for three hours. Finally, clean your candle, add a label to the base and trim the wick. Leave overnight before burning.

All ingredients can be purchased from Scent Perfique Ltd. Visit scentperfique.co.uk

Illustration: Louise Abbott

WELCOMING NEW MEMBERS TO THE TASTY TEAM

The seasoned veggie gang at Fry's Family Foods has created even more delicious options to add to its already delectable range

''Last year we saved 15 million chickens, 15,000 cows and 75,000 pigs from slaughter – that's our turnover and it's how we measure our success", says Tammy Fry Kelly, the director of Fry's Family Foods. A proudly owned and run family business, Fry's has been distributing its products through Fry's Distribution UK, and are now fully involved in the new UK-based business, Fry's Family Foods UK.

"The direct involvement by the family brings a new energy and commitment to satisfying the needs of our consumers and, most importantly, those of the animals!"

Feeding us for years

Fry's has produced tasty food and received widespread acclaim throughout South Africa for more than 20 years now and has been selling its products in the UK for 16 years. The company, started by Wally and Debbie Fry in their kitchen in the early 1990s, began by producing 20kg of meat substitutes per shift. That output has risen to more than 20 tonnes per shift, and the company has gone on to supply meat-free and 100 percent vegan foods in 23 countries around the world. "Our factory looks like a massive kitchen", notes Tammy. "Wally designed our home kitchen and as we grew we made giant kitchen appliances to cope with production." The family ensures the same mantra remains; 'wherever possible, do no harm'.

Food straight from nature

Fry's cruelty-free, ethically produced food is also non-GM, made without chemicals and artificial colours or flavourings, but is high in protein, and most people say it tops the meat equivalent!

This same approach is applied to the brand new Food from Nature range, which includes ample amounts of superfoods and is loaded with plant proteins, omega 3, iron and B12 (which are all naturally sourced).

This new range is packed in recyclable boxes and the illustration on the front of the pack is initially etched into wood and then transferred to the digital design. Each food image takes two weeks to illustrate, but is well worth the effort! This certainly adds to the innovation, artisanal and ethical nature of the Food from Nature range.

THE FOOD FROM NATURE RANGE INCLUDES:

SOY & QUINOA COUNTRY ROAST WITH FRESH ITALIAN PARSLEY & ROSEMARY (AVAILABLE ALL-YEAR ROUND)

This is the perfect alternative for the festive season as makes a great change to the traditional Turkey Roast option



CHECK OUT YOUR LOCAL RETAILER FOR CHRISTMAS OFFERS ON THE SOY & QUINOA COUNTRY ROAST

RICE PROTEIN & CHIA STRIPS

The genius rosemary, marjoram and sage seasoning makes this one of the most flavoursome veggie options on the market



THE FOOD FROM NATURE RANGE IS AVAILABLE NATIONWIDE FROM 1ST NOVEMBER

RICE PROTEIN & CHIA NUGGETS

All pieces are rolled in a delicious and light gluten-free crumb



SOYA AND FLAXSEED SCHNITZEL WITH FRESH CILANTRO

Coated in a wonderfully satisfying flaxseed and sunflower seed crumb



QUINOA & CHICKPEA FALAFEL BURGERS SEASONED WITH CUMIN AND FRESH CILANTRO

All of the ingredients are completely gluten-free



CHECK OUT FRY'S ON FACEBOOK, TWITTER (@FRYSFAMILYUK) AND INSTAGRAM, AND GO TO FRYSFAMILYFOODS.CO.UK TO DOWNLOAD A FREE E-COOKBOOK FILLED WITH UNBELIEVABLY TASTY VEGAN RECIPES

What's cooking

Discover what's piping hot in the world of kitchens this month



RAISE A GLASS



Every day it seems like a new drink – alcoholic or not – receives both good and bad press, but honestly, there's only one drink you can rely on to weather any media storm; good old-fashioned water. So why don't we invest more in this drink? Pure H2O make water taps (£2,999, quatreau.com) that can be installed in your kitchen to provide you with boiling, chilled, normal tap temperature and even sparkling water at the touch of a button! Plus, it's so pure it beats all bottled water on purity tests. You can't say fairer than that...

BELLA, BELLA!



We're cuckoo for making our own nut milks at the moment which is why we love the Tribest Soyabella Milk Maker (£129.95, tribest.co.uk). It makes milk from raw almonds, cashews, halzenuts and other nuts in just 30 seconds, while soya milk takes 15 minutes. You can even use it to make oat, rice and coconut milk. And trust us, homemade tastes delicious!

SO CHEAP, YOU'LL THINK YOU STOLE THEM...

The new range of Sainsbury's cast iron pots offer crazy amounts of value-for-money. Solidly made, you won't be able to tell them apart from their more expensive (and famous) counterparts and they cook beautifully. Stews are kept moist, casseroles are evenly heated and even tagines come out looking and tasting wonderful. We're rather taken by their purple colour too. Prices start at £7.50.



Waste-saving idea

THIS MONTH, WE'RE COOKING...

with Gourmet Garden's Lightly Dried Herbs (£2, Sainsbury's). They refresh in cooking to taste like fresh herbs and last up to four weeks in the fridge. Take that, wilting coriander plant!

RETRO REVIVAL

70s styling is back in a big way – think flares, fringing and lace-up peasant blouses – and we couldn't be happier!



Let your free spirit soar this month with a fashion throw back to the decade of free love. The groovy 70s gave us more than just Abba, Saturday Night Fever and Farrah Fawcett's famous feathered waves, so spice up your wardrobe with a little bit of modern boho. We predict a riot of colour, fabrics and textures for this season's fabulous look.

DENIM SHIRT DRESS, £89, phase-eight.com



This faux-leather belt is perfect teamed with a pair of denim flares



NEW CITY BELT IN TAN, £17.95, vegetarian-shoes.co.uk

FRINGED WAISTCOAT, £40, next.co.uk





LUCY PRINT SHIRT £49, ANTONIA FLARES £55, both monsoon.co.uk

OLIVIA PRINT 70S MAXI DRESS, £129, mintvelvet.co.uk



This glamorous dress can take you from day to evening in an instant

POET TOP, £30, next.co.uk





DARKWASH DENIM FLARE JEANS, £38, missselfridge.com

SUBSCRIBE TODAY!

TRIAL OFFER



If you love meat-free food and recipes, if you're interested in kitchen gardening and the best travel desitnations, and if you adore cruelty-free fashion and beauty, Veggie is the magazine for you. With top columnists and in-depth celebrity interviews, Veggie is the title to inspire the way you live. Why not take advantage of our introductory offer today and discover the magazine made by Veggies, for Veggies?

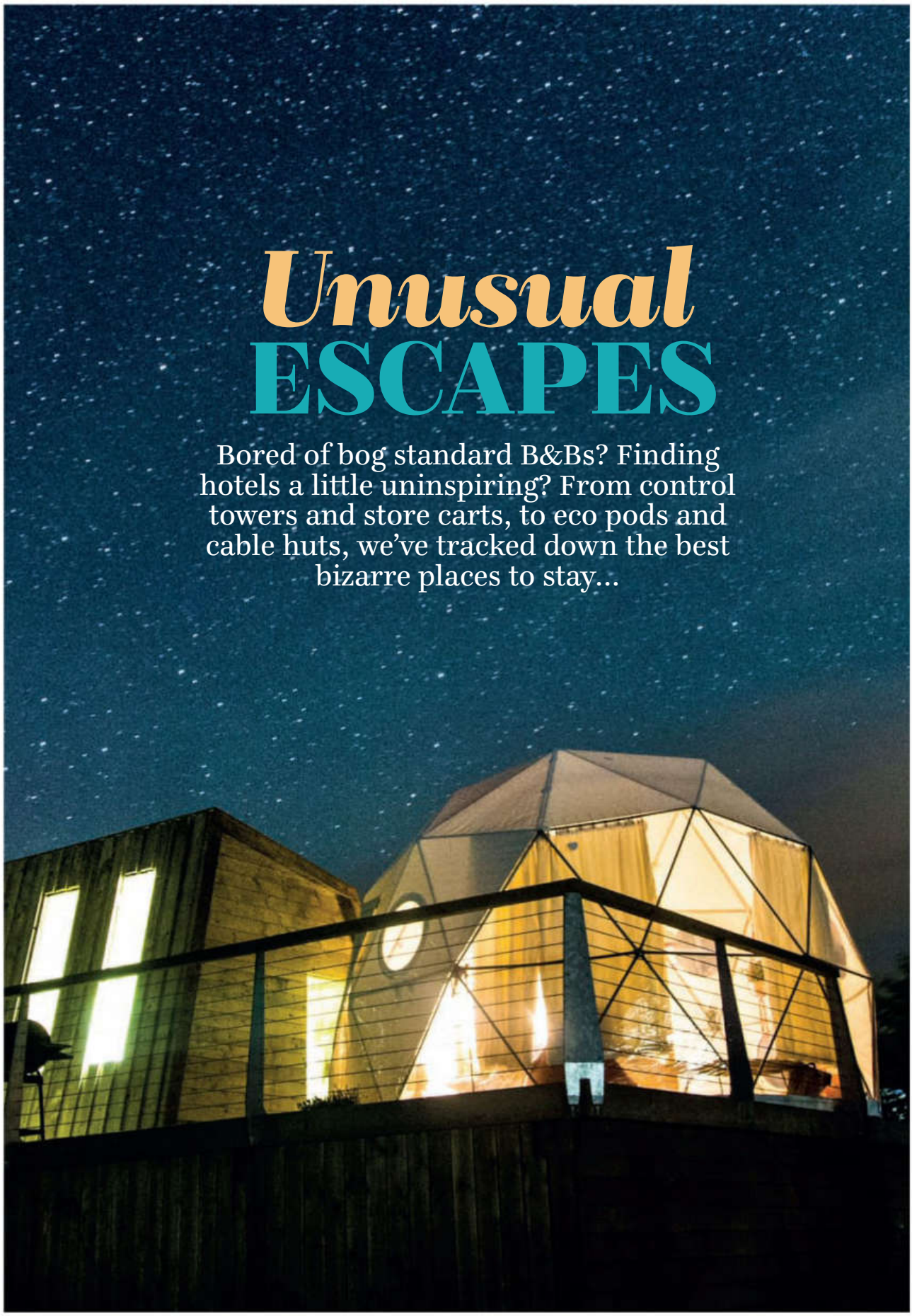
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* TERMS AND CONDITIONS APPLY



Unusual ESCAPES

Bored of bog standard B&Bs? Finding hotels a little uninspiring? From control towers and store carts, to eco pods and cable huts, we've tracked down the best bizarre places to stay...



Set up camp under a blanket of stars

ECO ESCAPE

Is there anything more romantic than escaping to the coast and setting up camp under a blanket of stars? Well, now you and your partner can enjoy your own couple's idyllic bubble at the aptly named, Loveland Farm. Nestled on the border of Devon and Cornwall, the brand new Popla Pods take centre stage. The super-strong stainless steel retreats are covered in a lightweight shell, with enough space inside for two people – sounds cosy! You'll also find a couple of wooden huts alongside the pod on your elevated deck, which houses a kitchenette, a shiny, copper rain shower and an eco toilet. What's more, the pods have one clear side so that the moon and stars can shine through at night; perfect for a dreamy evening stargazing from your canopied bed.

This unique hideaway is self-catering, but guests are welcome to buy produce from the farm or venture into the nearby town for a bite to eat at one of the pubs or restaurants.

PRICE: Sleeps two, from £85 per night.
VISIT: canopyandstars.co.uk for details.

OFF THE BEATEN TRACK

Has your smartphone become an extension of your hand? In a world filled with technology, it's easier than ever to stay connected to the ones we love. Text, email, Twitter, Skype; you name it, we're inundated with ways to communicate. But imagine those days when timeless exchanges were captured in handwritten letters or messages stuffed in bottles and drifted out to sea, in the hope they would reach their intended – The Cable Hut was built to house the first telephone lines being laid across the Atlantic Ocean, and over 100 years later it captured the hearts of a passing couple, who have lovingly restored it into a luxury cottage. If you fancy going off grid for a few days, but don't want to compromise on modern facilities, this seaside bolthouse could be just what you're after.

Situated between the remote beaches of Abermawr and Aberbach in South Wales, this unique self-catering abode is set down a single track. But just a short walk away from your front door you'll stumble across secret beaches and crystal clear water – the perfect playground to try your hand at the array of water sports on offer in the area. Or for the less adventurous, simply soak up the breezy atmosphere, fire up the BBQ or enjoy a relaxing bath, overlooking the ocean view.

PRICE: The Cable Hut start at £565 for a four-night break based on two people staying
VISIT: thecablehut.uniquehomestays.com
TEL: 01637 881183



Get away from it all today!





SECRET ISLAND

Every house tells a story and this magical holiday home is certainly no exception. Perched by a river sat upon Filly Island, Cirencester, Gloucestershire, it's sure to be love at first sight with this charming rustic abode. The quirky self-catering retreat began life as a store cart which the neighbouring mill's horse dutifully pulled upstream in the late 1700s. Now, the plush cottage perfectly combines vintage statement pieces, sprinkled with a touch of luxury. What makes this romantic hideaway even more quaint, is that it's only accessible by humpback bridge, which means you don't have to worry about noisy traffic or passers by. But it's the finer details that really make this place stand out from the crowd – there's fire bucket light shades and curtains created from old grain sacks – we love!

PRICE: Filly Island start at £495 for a four-night break based on two people staying.
VISIT: fillyisland.uniquehomestays.com
TEL: 01637 881183



It'll be love at first sight on Filly Island







THE VINTAGE VACATION

Ever wondered what it'd be like to stay in a 1940s converted RAF control tower? Nope, us neither! That was until we stumbled across this hidden gem. This unique veggie B&B has been restored back to its former glory and if you're a fan of all things vintage, you'll love the art-deco furnishings throughout.

You'll find this special place in the bustling hamlet of Egmere, near Wells-next-the-Sea. And, while you'll be spoilt for choice for things to do in north Norfolk, as a guest at the Control Tower, you'll have full use of the living room (formerly a meteorological office) and the wildflower garden – how does a day reading with an alfresco lunch under one of the Beech trees sound?

When it comes to whetting your appetite, don't expect five-star fancy menus; it's homemade, hearty fodder at its best. Why not kick things off with a delicious full cooked veggie breakfast, before exploring the beautiful nearby villages? And, if you fancy a day out, head to Glanford – here, surrounded by rolling countryside, you'll find Art Café – the only vegetarian restaurant and licensed café in the area.

PRICES: start at £100 per night and include breakfast.
VISIT: controltowerstays.com for more information.



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LIVE LIKE A LOCAL IN...

MANCHESTER

Planning a trip to Manchester? We're sure that the Lowry and Canal Street will all be on your list of things to see. Luckily, we've covered the 'places to eat' part for you – you're welcome!







TOP: Historic Manchester cathedral
LEFT: Trafford Shopping Centre
BELOW: The Lowry

Home to Corrie, Oasis and two Premier League football clubs, it's easy to see why this buzzing city has plenty to boast about. But there's more to Manchester than music and football. Often referred to as capital of the north, this dynamic part of England was actually the birth place of the Vegetarian Society. And, when it comes to tempting your tastebuds, Manchester certainly won't disappoint.

So to kick things off, we recommend you head to 1847 Bistro – aptly named after the year the Veg Society formed. Owner, Damien Davenport, is passionate about changing the way vegetarianism is perceived, and established the modern restaurant in 2011. You can choose from two delicious menus; the 'Grazing, Sharing and Exploring' menu, which allows you to sample smaller, mezze-style plates, or you can opt for the 'taste of 1847' menu – a series of dishes designed to showcase the best of the bistro.

Head North

If you fancy getting to know the heart of the city and are looking for all things vintage, retro and bespoke, the Northern Quarter is said to sum up what Manchester is really about. Expect higgledy piggledy lanes, lined with quirky cafés, trendy bars and galleries. You'll also find the Manchester Craft and Design Centre – a former fish market that's now home to one-off art works, unique jewellery and unusual furnishings. And, if you're feeling a bit peckish after perusing the shops, swing by V Revolution for a bite to eat. The vegan café-cum-lifestyle and record store offers burgers, hot dogs and sandwiches – an ideal pit stop to refuel and refresh.

Or visit the wonderful Teacup Kitchen for a light lunch or slice of cake. It's not strictly vegetarian, but there are plenty of delicious veggie options available, like the Moorish falafel and the spinach, feta and pine nut pie, but the home-made desserts are a must-have here; we love the look of the rainbow cake.

Spoilt for choice

If you'd prefer Manchester to wine and dine you, there's an array of delicious restaurants to visit during your stay. First off, head down to West Didsbury where you'll find TV chef Simon Rimmer's veggie eatery, Greens. Here, you can choose from scrumptious dishes like chickpea and veggie black pudding burger, cajun spiced sweet potato, celery and okra gumbo or roasted cauliflower, spinach and sweet potato Goan curry – it's enough to convert even the most die-hard carnivore!

If you're looking to spice up your trip, Lily's and Sanskruti are two top-notch veggie curry houses. And, if you can't resist a sweet treat, try out vegan café and ice cream parlour, the Teatime Collective – it's open until 9.30pm every Thursday, so you can squeeze in an after-dinner dessert before heading home.

Do you live in or around Bristol? We want your veggie recommendations for next month. Tweet us @veggiemagazine or find us on Facebook



OVER TO YOU

Georgina Rawes @TandL_Georgina
Fuel in Withington!

Sarah Thain @sequinthis
Greens in Didsbury is amazing!

David Langfield @BakerDave76
@LilysVegi – Ashton going this afternoon

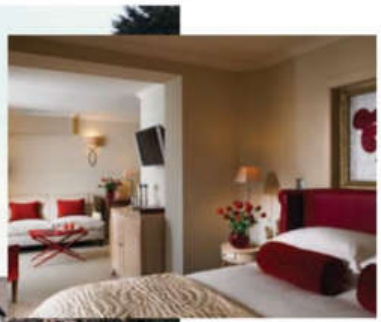
Worth over £1200!

WIN SPA BREAK FOR 2 GRAYSHOTT, SURREY

COMPLETE OUR READER SURVEY

Let us know what you think about Veggie magazine to be in with winning this sensational prize for two guests!









This month, we've teamed up with Grayshott Spa in Surrey to offer one lucky reader – and their guest – the chance to win a luxury spa break with treatments, worth over £1,200! Grayshott Spa has been providing a retreat for those looking to improve their well being for 50 years. It offers a holistic approach to stays with nutritious spa cuisine, an extensive range of treatments, trained nurses on hand to consult and a programme of exercise and relaxation classes, all offered in a nurturing an environment set within 47 acres of beautiful gardens and grounds that backs onto 700 acres of stunning National Trust land.

Grayshott is just one hour's drive from London and has 59 bedrooms and 36 treatment rooms, and offers a range of treatments from Detoxifying Body Envelopment and Reiki to Hot Stone Therapy and facials. If you win our competition, you and your guest can choose from one of four spa breaks: De-stress, Repair & Restore, Balance or Indulgence. All your meals will be included over your two-night stay, plus you'll have unlimited use of the spa facilities and exercise classes, not to mention three inclusive spa treatments each!

The facilities are first-rate. If you're looking to burn off some energy, why not take advantage of a gym class or two, use the gym or take a dip in either the indoor or the outdoor pool? If relaxation is more your speed, indulge yourself in either the male or female spa which include steam and sauna rooms, or simply relax on one of the sun loungers that overlook the lake or the orchard.

Renowned for its highly-trained therapists, extensive facilities and award-winning spa cuisine, Grayshoot is the perfect place to de-stress, detox, address any health issues, get fit or simple escape the world!

For more information, visit grayshottspa.com and to enter, fill in the form opposite or head to vegetarianrecipesmag.com/readersurvey

PLEASE TICK ONE ANSWER UNLESS STATED OTHERWISE

How often do you/would you buy Veggie?
- ☐ This is my first issue
- ☐ Every month
- ☐ Every 3-6 months,
- ☐ Twice a year
- ☐ Once a year
- ☐ I have a subscription
- ☐ Never again!

Why did you become vegetarian?
- ☐ Ethics
- ☐ Health
- ☐ Environment
- ☐ Other _____

What influenced you to buy this issue?
- ☐ Cover photograph
- ☐ Subjects mentioned on cover
- ☐ Competitions
- ☐ Heard about it online
- ☐ I always buy it when I see it
- ☐ I subscribe

What would be the main incentive to take up a subscription?
- ☐ Discounted price
- ☐ Free gift
- ☐ Trial for three issues

Are you signed up to our monthly newsletter?
- ☐ Yes
- ☐ No

Which social media websites do you use? (tick all that apply)
- ☐ Facebook
- ☐ Twitter
- ☐ Instagram
- ☐ Pinterest
- ☐ I don't use social media

Do you visit the Veggie website www.vegetarianrecipesmag.com?
- ☐ Frequently
- ☐ Often
- ☐ From time to time
- ☐ Rarely
- ☐ Never

How would you describe yourself? (Tick all that apply)
- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten-free
- ☐ Lactose-free
- ☐ Pescatarian
- ☐ Flexitarian
- ☐ Meat eater

What do you like to do in your spare time? (tick all that apply)
- ☐ Cooking
- ☐ Baking
- ☐ Gardening
- ☐ Yoga/meditating
- ☐ Outdoor pursuits
- ☐ Crafts
- ☐ Fitness classes
- ☐ Reading
- ☐ Other (please state)

How much do you spend on natural/ethical/cruelty-free beauty products per month?
- ☐ £0-£10
- ☐ £10-£50
- ☐ £50-£100
- ☐ £100+

What influences you when buying clothes and homewares?
- ☐ Style
- ☐ Ethical/fairtrade
- ☐ Vegetarian/vegan
- ☐ Price

What other magazines do you read? (Please specify)

How old are you?

Are you
- ☐ Male
- ☐ Female

What's your annual household income?
- ☐ Under £30,000
- ☐ £31,000-£40,000
- ☐ £41,000-£50,000
- ☐ £51,000-£60,000
- ☐ £61,000-£70,000
- ☐ £70,000+

Which of the following best describes your chief income earner's occupation?
- ☐ Higher managerial, administrative or professional
- ☐ Intermediate managerial, administrative, professional
- ☐ Supervisory or clerical and junior managerial, administrative, professional
- ☐ Skilled manual worker
- ☐ Retired
- ☐ Not employed

Have you ever bought anything recommended by Veggie?
- ☐ Yes
- ☐ No

How many adverts do you respond to per issue?
- ☐ None
- ☐ 1
- ☐ 2
- ☐ 3

Do you food shop online?
- ☐ Yes
- ☐ No

Which supermarkets do you regularly shop in? (tick all that apply)
- ☐ Tesco
- ☐ Sainsbury's
- ☐ ASDA
- ☐ Morrisons
- ☐ Waitrose
- ☐ ALDI
- ☐ Lidl

What is your average weekly food shopping spend?
- ☐ £50-£100
- ☐ £100-£150
- ☐ £150-£200
- ☐ £200+

Which, if any, charities or organisations do you support?

TO BE IN WITH A CHANCE OF WINNING THIS FANTASTIC PRIZE, SIMPLY SEND THIS COMPLETED FORM TO:

RACHEL TUDOR, ACEVILLE PUBLICATIONS, 21 PHOENIX COURT, HAWKINS ROAD, COLCHESTER, CO2 8JY.

OR, COMPLETE IT ONLINE AT: VEGETARIAN RECIPESMAG.COM

Title Forname Surname

Address

Postcode

Contact number

Email

DOB

Signature

TERMS AND CONDITIONS

Entrants must be 18 or over. Prize is a two-night Spa Break for two people staying in a Junior Suite. The stay must be taken by 20th December 2015, is subject to availability, excluding bank holidays, cannot be re-sold or used in conjunction with any other offer. No cash alternatives will be offereed. All additional charges incurred during the stay are to be paid for upon departure. By completing this survey you are entering a competition. This competition is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per household. The prizes detailed in the competition cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by the Terms and Conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. **CLOSING DATE:** 30.08.2015 Winner will be notified by 09.10.2015. Winner's details will be available in writing on request from Rachel Tudor, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY. Your details will be processed by Aceville Publications Ltd (publishers of Veggie magazine) in full accordance with data protection legislation. Aceville Publications Ltd and sister companies may wish to contact you with information of other services and publications we provide which may be of interest. Please tick here if you DO NOT wish to receive such information: ☐by post ☐by phone ☐by email ☐by SMS. From time to time Aceville Publications Ltd will share details with other reputable companies who provide products and services that may be of interest to you. Please tick here if you DO NOT wish to receive such information: ☐by post ☐by phone ☐by email ☐by SMS.

Feeling Lucky?

This month we're giving away a super-stylish InSinkErator tap plus installation, worth £1,244!

The InSinkErator 3N1 kitchen tap offers instant filtered steaming hot water up to 98 degrees, alongside hot and cold options, encased within a stylish but affordable Italian design.

The InSinkErator 3N1 tap completely eliminates the time and energy lost waiting for water to boil, while the versatility to switch between hot and cold water within the same fixture contributes to countless other tasks, and saves tonnes of space – so more room for cooking!

Your new favourite gadget

The 3N1 is perfect for adding an affordable all-in-one tap to the kitchen, creating a stylish focal point in the room and comes in a range of bold statement colours, to add a splash of vibrancy to any kitchen. Choose from Bright Orange, Natural Stone or Pearl White – The 3N1 is also available in Chrome and Brushed Stainless Steel finishes, too.

On top of valuable worktop space, immediate steaming hot water with an InSinkErator tap results in little to no water waste, from over-filling the kettle, while completely removing the time and energy lost waiting for it to boil

What's more, you can entertain over a hot drink with none of the noise or enjoy a cuppa during your favourite TV show instead of waiting until the ad breaks!

The versatility to switch to hot and cold water ensures the 3N1 model also contributes to countless other tasks, banishing any need for more than one tap. Speed up the preparation of pasta and rice, blanch vegetables or thaw frozen food with instant steaming hot water, simply moving the lever to hot water to wash up, or cold to rinse.

Key features of the InSinkErator 3N1 kitchen tap with filtered steaming hot, hot and cold water include:

* An elegant one-piece tap designed, manufactured in Italy to the highest quality
* Dispenses filtered steaming hot water up to 98 degrees, as well as hot and cold options
* Self-closing, easy to grip hot water handle with push-lever safety locking mechanism
* Approximately 20 percent more energy efficient than a kettle, and with none of the worktop clutter
* Provides around 100 cups of steaming hot water per hour from a compact and convenient 2.5 litre tank that takes up little valuable cupboard space
* Ideal for retro-fitting
* Five-year, in-home limited warranty on tap and two-year full warranty on tank, for peace of mind

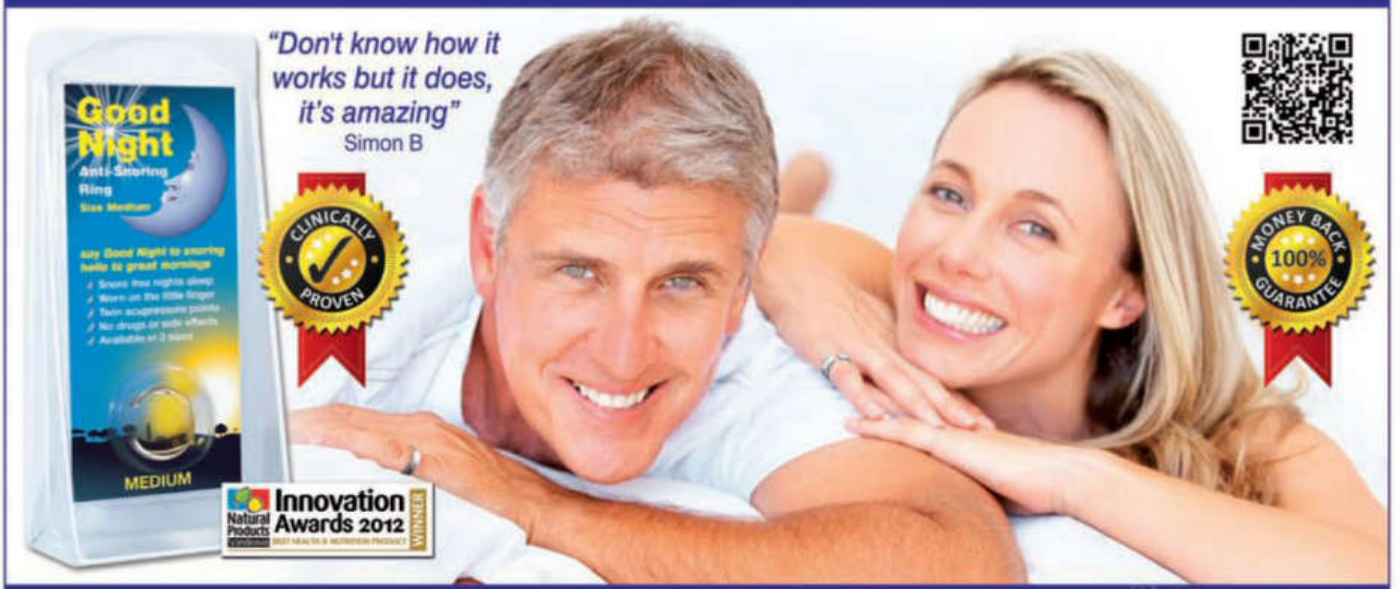


TO WIN THIS FANTASTIC PRIZE, VISIT VEGETARIANRECIPESMAG.COM/GIVEAWAYS

TERMS AND CONDITIONS

These prize draws are open to all UK mainland residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 25th September 2015. Winners will be notified by 9th of October, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

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HEALTHY SOIL MAKES HEALTHY OIL

Farrington's Mellow Yellow rapeseed oil is much loved by chefs and foodies alike thanks to its nutritious properties and versatile nature. Here, we find out how to incorporate the wonder oil in our cooking

Back in 2005, Duncan Farrington unveiled his British cold pressed rapeseed oil and started a cookery movement that's still growing today. Mellow Yellow received immediate acclaim and was championed by top chefs such as Jamie Oliver, Nigella Lawson and Michel Roux Jr. It's certainly come a long way since the early days of Duncan selling bottles from the boot of his car!

So, what's the secret to Duncan's success? A lot of it has to do with the land he grows on. "I get really excited about my soils, as they are crucial to everything I try to achieve as a farmer," he explains. "I encourage good soil biology to help things grow by using healthy crop rotations, and 'green manures' help build decent soil structure and nutrition. My mantra is 'from healthy soil we make healthy oil' and it's the gentle pressing process we use that gives Farrington's Mellow Yellow its distinctive subtle and nutty flavours."



Every foodie's favourite

It's these delicious flavours, along with the health benefits, that makes Mellow Yellow the ideal rapeseed oil to cook with. It's known for producing wonderful flavours when used in a variety of foods, and Duncan thinks it goes well with delicate vegetarian dishes, like stir fries, and is the secret to creating the crispiest roast potatoes. "We know rapeseed oil makes delicious mayonnaises and salad dressings too, as we make some ourselves," he adds. "It's also wonderful for baking. This is an area where we get the best reaction from customers, as many don't realise you can bake with an oil instead of hard fats. Joanna in the office made our chocolate brownie recipe using the chilli oil. The results were brilliant!"

Discover rapeseed oil

Duncan believes rapeseed oil will soon be on level pegging with olive and sunflower oil, and because it's produced here in Britain, from crops Farrington's grows to high environmental standards with LEAF Marque accreditation, it could even surpass them. "I don't see the need for refined olive and sunflower oils," he says. "Mellow Yellow is healthier than both of these – it has over 65 percent less saturated fat than olive and 45 percent less than sunflower oil. Compared to olive oil, it has 10 times more of the essential fatty acid omega 3 which we lack in our western diets, whilst sunflower oil does not contain any omega 3 at all. As well as being healthier than the rest, rapeseed oil's versatility is vast, and can be used to make anything from dressings right through to high temperature roasting."



Healthy Seed and Fruit Granola

SERVES 4-6
READY IN 30 MINS

*** 150g oats * 3 tbsp honey * 3 tbsp Mellow Yellow rapeseed oil * 1 tsp cinnamon * 50g hazelnuts * 50g sultanas * 30g pumpkin seeds * 25g sesame seeds**

1. Preheat your oven to 180C/350F/ Gas 4.
2. Roast the hazelnuts and almonds for five minutes.
3. In a pan, add the rapeseed oil and honey, gently heat until the honey is melted. Then stir in the cinnamon.
4. Add the oats, roasted hazelnuts, almonds, pumpkin seeds, sesame seeds and sultanas, mixing well until the dry ingredients are completely covered in the oil and honey.
5. Spread the granola mixture onto a baking tray about 1cm deep.
6. Bake for 15 minutes or until the oats are golden. Leave to cool before serving or dispensing into your container.

FOR MORE DELICIOUS HEALTHY RECIPES VISIT FARRINGTON-OILS.CO.UK/RECIPES AND FOLLOW THEM ON INSTAGRAM @MELLOWYELLOWKITCHEN FOR INSPIRATION AND UPDATES

If you only eat one thing this month...

WITH BEAUTIFUL LATE-SUMMER FLAVOURS, THIS DELICATE RISOTTO IS EVERYTHING WE WANT AT THIS TIME OF YEAR

Beetroot and Fennel Risotto

E EF V F T GF

SERVES 4
READY IN 40 MINS

1 tbsp olive oil (plus extra for finishing)
1 red onion, sliced
1 garlic clove, sliced
sea salt and freshly ground black pepper
250g carnaroli risotto rice (feel free to use another type if you can't get this)
800ml vegetable stock (add more stock if rice is too al dente)
1 fennel bulb, quarted lengthways
a glass of vegetarian white wine
2 tbsp vegetarian Parmesan-style cheese, grated (plus extra, for serving)
2 tbsp butter
1 cooked beetroot, diced
a handful of rocket and watercress
red amaranth leaves, to garnish (optional)
other herbs and leaves such as dill and salad cress (optional)

1 Heat a large sauté pan with some olive oil, then add the red onion and garlic. Season and cook over a low heat until softened.
2 Heat the stock until simmering in a saucepan and keep it on a low heat.
3 Add the rice to the pan and stir well, toasting the grains in the oil.
4 Add the fennel and cook for a minute or two, until it starts to colour, then pour in the wine.
5 Stir well until the wine is absorbed, then add a ladelful of stock. Stir continuously and add more stock only when the last ladleful has been absorbed. Repeat until you have used it all and the rice is nicely cooked with a little bit of bite.
6 Add the cheese and butter and stir vigorously while shaking the pan. This is known as *mantecatura* in Italian and gives it that final richness and lovely oozing quality of a good risotto.
7 Gently stir in the beetroot and rocket and watercress leaves, cover and leave to rest for a minute. Sprinkle over some of the amaranth leaves and herbs and a few ribbons of shaved fennel as well if you like. Serve immediately with a good glug of excellent olive oil and more Parmesan-style cheese.

Per serving: 395 cals, 14.3g fat



Photography by cliqq.co.uk. Recipe and styling by Nico Ghrilando ghrilando.co.uk

Beauty Boost

No make-up bag is complete without these must-haves



PURE HYALURONIC SERUM, £33, PESTLEANDMORTARCOSMETICS.COM



VEGAN VOLUME NATURAL MASCARA IN MAGIC BLACK, £7.95, BENECOS.UK

Enhances your natural lashes



NATURAL BB CREAM, £12.49, LILYLOLO.CO.UK



BOLD OVERSIZED FELT LINER, £10, THEBODYSHOP.CO.UK



ILIA BEAUTY THE BUTTERFLY AND I LIP GLOSS, £20, BEINGCONTENT.COM



EOS WATERMELON ORGANIC LIP BALM, £3.99, FRAGRANCEDIRECT.CO.UK



UDO'S CHOICE ULTIMATE OIL BLEND, £11.99, UDOSCHOICE.CO.UK

The non-toxic formula is vegan



PLUSH RASPBERRY NAIL POLISH, £15.50, JACAVA.COM



ORGANII SHEA BUTTER SHOWER GEL, £5.95, ORGANII.CO.UK

JOYFUL HAND & BODY CREAM, £28.99, ANTIPODESNATURE.COM



This is made with avocado oil



POWDER BRUSH & CONCEALER BRUSH, £9.99/ £6.49, LILYLOLO.CO.UK



ODYLIQUE GENTLE HERB SHAMPOO, £11, ODYLIQUE.CO.UK

BRAVER WITH FLAVOUR

Veggies have been eagerly waiting for this day to come – **Great Food** has added more flavour-forward and convenient free-from delights to its range

During your meat-free life you've no doubt stumbled upon, and thus been astounded by the Falafel and Sweet Potato Pakora bites by Great Food? They're the perfect on-the-go snack and super-versatile, too! These vegetarian fridge essentials are perfect for bulking out or adding extra flavour to your dinner, while the Authentic Mediterranean Falafels lend themselves particularly wonderfully to the old crowd-pleasing classic; grab a pitta, add some hummus, cucumber, spinach and a few drops of hot chilli sauce, and you're good to go!

Now, the stalwart of the vegetarian kitchen has developed even more tasty treats and added them to its wonderful roster. Expect the same ethos and thoughtful preparation behind the Great Food range; 100 percent natural and simply blended and baked. They're also completely free from the top 14 allergens, including gluten, dairy, egg and soya – they're pretty much free from everything but flavour! Accredited by the Vegan, Vegetarian and Coeliac Societies as well as Kosher and Halal approved, everyone can enjoy Great Food.

Tasty new snack packs

Excited eaters can now enlighten their taste buds with such delicious new offerings as Fiery Channa & Red Pepper Pakora, Spicy Green Lentil & Coconut Bites and the classics like Baked Moroccan Falafel and the Baked Sweet Potato Bites, which now come with additional cool tomato salsa dip! Just like the Great Food classics, these are the ultimate vegetarian snacks for health-conscious and busy people who want to eat something substantial, tasty and free-from.

The benefits of an eclectic and interesting range means you can easily incorporate the snacks inspired by a mixture of international cuisines into your cooking and instantly get an extra boost of new flavours added to your dishes. Infuse springy character into any leafy salad or creamy soup by selecting one of the Great Food products – they're perfect for an alfresco spread or picnic, too!

Story behind the snacks

Great Food is a celebration of vegetables in a range of totally delicious bites, snacks and meals. The founder's vision was to make completely 'clean eats', so he scoured the world for alternative cooking methods and commissioned special ovens which steam-bake, making the most of delicious vegetables, herbs and spices available ensuring that flavours are consistently maximised.

The Great Food range is something that everybody can enjoy. Since every single mouthful is crammed with exciting tastes and textures, they're ideal for the meat-eaters in your family and circle of friends, too! Keep your eyes peeled for the exciting new snacks, available soon...



FIND OUT MORE ABOUT THE GREAT FOOD RANGE AND GET INSPIRED BY AMAZING RECIPES AT GREATFOODUK.COM

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THE TOP-UP SHOP

Our round up of the best meat-free marvels to hit shops



PICK & GRAZE

Graze has now started selling its snack packs individually and we couldn't be happier! **£1.20, Sainsbury's**



GO PRIMAL!

With five energy bars in the range, each made with no more than six ingredients and 0% junk, Primal Pantry bars are free from GMOs, gluten, grains, dairy, soy and refined sugar. **£1.49, Waitrose**



WAKE UP HAPPY

Stay fuller for longer and enjoy some fantastic gluten-free granola with new Eat Natural's Protein Packed and Gluten Free Super Granolas. **From £3.25, Waitrose**



BIG CHEESE

Grated cheese has brought convenience and joy to many a household and now there's a handy lactose-free option at hand! **LactoFree Mature Cheddar Cheese, £1.99, Tesco**



A DEPTH OF FLAVOUR

This tasty Traditional Balsamic Vinegar of Modena is aged for 12 years and has a viscous, glossy, dark brown texture, and a deliciously strong scent. **£39, artimondo.co.uk**



FAST-A PASTA!

Made with fresh egg pasta, and filled with Meat Free Mince in a spicy chorizo seasoning with tomato and Mozzarella cheese, this is the perfect healthy pasta dish to enjoy with family or friends **£2.49, ASDA**



DEEP CLEANSE

Never heated and containing no nasty additions, the Big Juice Detox & Green Cleanse is rich in nutrients and minerals to help alkalise, mineralise, detox and cleanse your body. **3 day programme (15 juices) £75 inc. P&P, bigjuiceltd.com**

Veggie

* RECOMMENDS *

Here you'll find an exciting selection of the best veggie food, appliances and places to visit this month



RETRO STYLING

As summer draws to a close, embrace those sunshine flavours in your cooking and baking with the Citrus Set of Natural Flavouring Oils from Foodie Flavours. The set, which is made in the UK, comprises of Lemon, Lime and Orange and is perfect for all your culinary needs – only a few drops are needed. **Get yours for just £9.99 from foodieflavours.com**



TUCK IN!

River Green Cafe is nestled in the lovely village of Trowse, just 20 minutes walk from Norwich city centre, and combines jovial service with a lively atmosphere. During the day, River Green is a relaxed cafe serving food, while on Sundays and evenings it offers a fine dining menu, developed by award-winning veggie chef, Jan Wise.
Visit rivergreencafe.co.uk for details.

GO GREEN



As winter approaches, give your family a health boost with Olivado's delicious, nutritious and versatile Extra Virgin Avocado Oils. Not only does it taste great, it's also loaded with Vitamin E, healthy monounsaturated fats and other essential ingredients of a healthy diet.
Try some today – prices start at £4.30, Sainsbury's



WE'LL DRINK TO THAT

You probably know Suma for its tinned beans, coconut oil and pasta, but did you know that they also stock a range of organic Yorkshire ales too?

There's something for everyone in the range of six ales: bitter, blonde, stout and wheat beer, plus two recent additions to the line – ginger ale and a malty moorland ale.

All the ales are organic and suitable for vegans. Prices start at £1.95, available from independent retailers and online.

What's on

Hull Vegan Festival
19 September 2015
If you live near Hull, keep the 19th free for its vegan festival. All proceeds from the fair will go to animal protection charities and with food, fashion and lifestyles stalls, there'll be something for everyone. It's easy to get to, the venue – Mercure Royal Hotel – is right next to the train station, perfect if you'd like to travel there in an eco-friendly fashion.
For more information, find the Facebook page.

VegFestUK London
10-11 October 2015
Pick up tickets today for one of the highlights of the veggie calendar – VegFest! Enjoy a host of live music, comedy and films, fill your bellies with foods from over 200 stalls and get inspired by talks on every aspect of a meat-free life. If you're quick, you can pick up a buy-one-get-one-free offer on tickets, which are £10 each in advance, £12 on the door. (Offer expires 10th September.) Visit **vegfest.co.uk/london**

Northern Vegan Festival
17 October 2015
Calling all vegans! Set across four unique venues in Manchester, the Northern Vegan festival looks set to be one of the highlights of the vegan year, with its array of dairy-free food stalls and caterers, cruelty-free beauty, clothes, accessories and more! Plus you can chat to some of your favourite animal protection organisations. The fair runs from 10am to 6pm. Admission £2, visit **northernveganfestival.com**



AWARD-WINNING FLAVOURS!

Family-run British company Uncle Roy's, has just picked awards for the second year running at the World Hot Sauce Awards in the USA. The worldwide competition that takes place in Louisana, was dominated by American sauces, marinades, seasonings, snacks and barbebue sauce, but the home-grown makers of 'comestible concoctions' scooped the prestigious World Champion in the Condiments-Ketchup category for his Chillichup, while the Chocolate Chilli Mustard was awarded third place in the Condiments-Mustard division.

After also winning two accolades last year, Uncle Roy's foods continue to go from strength-to-strength, but the company isn't all about firey heat. It's a producer that focuses on flavour, and its Great Taste Award winners this year were its Rose Petal Jam, Oak Smokies Forest Mushrooms and its 'Best' Onion Marmalade.

Why not pick yourself up an award-winning food today? Head to uncleroys.co.uk to view the entire award-winning range.

GUESTHOUSE OF THE MONTH







Established 30 years ago, Lancrigg Vegetarian Country House Hotel is situated in a beautiful, peaceful mountain location, a short walk to Grasmere village and all its amenities.

The vegetarian restaurant at Lancrigg offers a mouth-watering menu and all meals are freshly prepared using many fresh, local and organic ingredients.

Escape to the house that has strong connections with the romantic poets, artists and musicians (past & present) and rooms that are comfortable and individually decorated, many with whirlpool baths.

Visit lancrigg.co.uk for more details.

WEB DIRECTORY

creamsupplies.co.uk
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frysvegetarian.co.uk
From small innovative beginnings in the Fry Family's kitchen, Fry's has become an international success.

gandgvitamins.com
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groovyfood.co.uk
What's groovy about the food? It's downright scrumptious, and carefully sourced to get the best natural ingredients

hodmedods.co.uk
Hodmedod sources produce from British farms to supply the best ingredients and delicious foods, like the fava bean.

pureh2o.co.uk
The Pure H2O Company supply, install and maintain a wide range of water purification and filter systems to suit every budget.

scarthinbooks.com
Online one-stop bookshop.

shepherdspurse.co.uk
Shepherds Purse produce a range of traditional handmade Yorkshire cheeses from their farm using local ingredients.

suma.coop
Suma Wholefoods is the UK's largest workers' cooperative and wholesalers of organic, vegan, vegetarian and specialist foods.

uncleroys.co.uk
Uncle Roy makes products that are different, sound exciting and taste good!

vbitesfoods.com
Vbites Foods (formerly known as The Redwood Wholefood Company) is the leading supplier of vegan foods to the health trade and is 100 percent British.

vegetarian-shoes.co.uk
Leather-free shoes and boots: smart, casual and hiking. Euro-made with breathable, durable, micro-fibre fabrics.

vegfamcharity.org.uk
VEGFAM helps people overseas by providing funds for self-supporting, sustainable food projects and the provision of safe drinking water.

JOIN THE VEGGIE COMMUNITY

WE WOULD LOVE TO HEAR FROM YOU – GET IN TOUCH AND WIN A PRIZE!

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Veggie, Aceville Publications, 25 Phoenix Court, Colchester, CO2 8JY vegetarianrecipesmag.co.uk



UNUSUAL FOODS

As a long time subscriber to *Cook Vegetarian* I wanted to write in about the new *Veggie* format. I like that there's still plenty of recipes and information on new products, but I would like more details on where to source some of the more unusual ingredients recipes often call for, or perhaps readily available alternatives. All in all, very positive and I still look forward to receiving my copy each month.

Beverly Carpenter, Devon

WIN!

Next month's top letter, email, tweet or Facebook post will win a collection of delicious fresh-tasting authentic curry kits from Tastesmiths, plus a brand spanking new ProCook pan to cook them in, all worth £94! Included are top 10 best selling kits – all suitable for vegetarians – as detailed on the website tastesmiths.com

WEB WONDER

I am absolutely loving the new *Veggie* Magazine. I have only just found your Facebook page and am looking forward to checking out the website, too! Check out my recipes at theveganhousehold.com

The Gourmet Vegan

NOSTALGIC TASTE

I really enjoyed your recipes from veggie restaurant Mildred's in the September issue of *Veggie* magazine. I used to eat there all the time when I lived in London, but since moving to the countryside, I don't get to go nearly as often as I would like. Your recipes were like a taste of nostalgia for me, and thanks so much for including the escalopes – they used to be my absolute favourite and I'm overjoyed I can now make this at home! I'm off to buy the cookbook now...

Lizzie Wordswell, Norfolk



GET IN TOUCH WITH US TO BE IN WITH A CHANCE OF WINNING THIS FAB PRIZE!

WHAT'S TRENDING ON VEGGIE

This month, we asked you about the #newfoods you've been trying

@jogblog I tried samphire for the first time last week. It was like eating green salt!

@bagelfilling How have I only just tried cactus?! It's so utterly delicious!

@holly_s88 I tried barbecued homegrown squash recently – incredible!

@talkingtables Raw honey as a replacement for refined sugar, love it!

THE BIG QUESTION

We wanted to know what delicious recipes you'd been adding to your repertoire, and boy did you come up trumps!

@sarahsmartdraws A veg-alicious lunch! #veggie #recipe #homemade





@ourhousetohome Couscous, halloumi, butternut squash with peppers and onions from the garden

@bakerdave76 Atom bomb paneer pakora, tikka with lemon rice, chilli naan and mango lassi



GO ON AN AMAZING TASTE ADVENTURE

WITH TEN ACRE

The Ten Acre range has won over many curious gourmands, and now if you stumble across the variety of crisps and popcorn you'll see Great Taste stars adorning the packets – proving they really are a bonafide tasty veggie treat!

Welcome to the wonderful world of Ten Acre – a land where popcorn grows on trees, hand cooked crisps pack an almighty crunch – and where four of its brightly coloured bags of personality now have stars!

Ten Acre's quirky premium snack brand is celebrating and they want you to join the party! They are launching new flavours for the popular Ten Acre popcorn range, have created larger bags for sharing, and are also proud to announce that they now have four prestigious Great Taste awards on the mantelpiece!

And the winners are...

Ten Acre were awarded two stars at Great Taste 2015 for the Ambrose Popperley's Wasabi melt in your mouth popcorn - and one star each for its brother and sister snacks, the light and fluffy Aunty Winifred's Sweet & Salty Popcorn, the crunchy When Hickory Got BBQ'D crisps, and the crisps that really deliver, The Day Sweet and Sour Became Friends. It means that when you see the stars; great taste is guaranteed. Grab a bag off the shelves and judge for yourselves!

Free-from and fun

The range of crisps and popcorn not only taste phenomenal, they also have the extra bite due to unrivalled free-from credentials. As well as being suitable for vegetarians, they are gluten-, dairy- and MSG-free, and vegan too! All our hand cooked crisps are made using British potatoes, and all of the Ten Acre snacks are made right here in the UK.

Tony Goodman, Chief Eating Officer, said: "We are absolutely delighted with our new Great Taste stars."

Pick up an award-winning snack today. The range includes: Ambrose Popperley's Wasabi Popcorn, Aunty Winifred's Sweet & Salty Popcorn, When Hickory Got BBQ'd and The Day Sweet and Sour Became Friends. Or, grab a bag of the new flavours: Cousin Penelope's Strawberry & Cream Popcorn or Lucia Popperley's Cappuccino Popcron.



VISIT TENACRESNACKS.COM FOR MORE INFORMATION ABOUT THE AWARD-WINNING RANGE

Recipe Index

Your guide to every recipe this month. What will you cook?







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In next issue's Veggie



YOTAM OTTOLENGHI'S KITCHEN RULES



DELICIOUS RAW FOOD FROM THE UN-COOKBOOK



JOHN TORODE'S FAVOURITE VEGGIE GRUB

ON SALE 25TH SEPT

RECIPE SYMBOL GUIDE

- E Eco friendly
- EF Egg-free
- V Vegan
- F Freezes well
- T Time saving
- GF Gluten-free

EDITOR
Fae Gilfillan fae@aceville.co.uk

DEPUTY EDITOR
Holly Treacy holly.treacy@aceville.co.uk

EDITORIAL ASSISTANT
James Fell james.fell@aceville.co.uk

PUBLISHING DIRECTOR
Helen Tudor

GROUP ADVERTISING MANAGER
Daniel Lodge
01206 505951 daniel@aceville.co.uk

ADVERTISING MANAGER
Lee Forster
01206 505928 lee.forster@aceville.co.uk

ASSITANT ADVERTISING MANAGER
Ella Barber
01206 505490 ella.barber@aceville.co.uk

GROUP EDITOR
Charlotte Smith

ART EDITOR
Matt Sumner

DESIGNERS Connie Ngai, Louise Abbott

AD PRODUCTION
Angela Scrivener

LICENSING & CONTENT SYNDICATION
David Coe 01206 505948

ACCOUNTS
Joy Loveday 01206 505914

SUBSCRIPTIONS/BACK ISSUES
Tel: 0844 856 0648 Overseas: +44 (0) 1795 414906
Email: cookvegetarian@servicehelpline.co.uk

PUBLISHER
Matthew Tudor

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Rose Elliot's EAT NATURAL MASTERCLASS

Get more from your meals with Rose's guide to eating with your body in mind

Mindfulness is a practical skill that can help us make wise and healthy choices in the foods we eat. How does it work? Before you eat that snack or comfort food that you feel you absolutely 'must' have, check in to how your body is feeling. Take a breath, feel it going in through your nose – and out again.

Ask yourself 'how am I feeling right now?' Are you really hungry, for instance, or are you feeling tense/angry/bored/worried/sad – or any other emotion, a feeling that is making you want to eat in order to blot out the discomfort? Eating may do that for a while, but your food choice may not be a wise or healthy one.

A better way is to take a few mindfulness breaths, as I have described, and at the same time notice the feeling, accept it as it is, without judging or 'commenting' on it to yourself. You will notice the feeling subside, ease, or even disappear. Then you will be empowered to make food choices without being pushed into them by negative emotions.

EAT WELL, EAT CLEVER

ROSE'S Raw Berry Cheesecake

ENJOY THIS SCRUMPTIOUS DESSERT GUILT-FREE



SERVES 8
READY IN 20 MINS (PLUS 4-6 HRS SOAKING AND 2 HRS FREEZING)

Soak 200g cashews in cold water for 4-6 hours. Purée 225g raspberries with 2 tbsp maple syrup; set aside. For the base, process 50g almonds with 4 dates until crumb-like; press into 16cm shallow cake tin lined with baking paper. Drain the cashews, put into a food processor with 6 tbsp water, 1 tbsp lemon juice, 4 tbsp maple syrup, 75g melted coconut butter, and 2 tbsp of the raspberry purée, blend until smooth. Spread over the crust. Freeze 2-3 hours. Swirl with sauce, scatter with desiccated coconut. Ready to eat almost immediately.

Rose's latest book *I Met a Monk* (£9.99, Watkins Publishing) is out now. Visit imetamonk.com for more information.

FRY'S

NEW LOOK

THE FRY FAMILY FOOD Co EST. 1991

Nature's Plant Proteins

SOY & QUINOA COUNTRY ROAST

with fresh Italian parsley & rosemary



SERVING SUGGESTION

100% Vegan Friendly

A NON GM PRODUCT. NO HORMONES OR ANTIBIOTICS.
HIGH IN PROTEIN. HIGH IN OMEGA-3 FATTY ACIDS.

500G (NET WT) KEEP FROZEN



VEGFEST UK LONDON

OCTOBER 10TH 11TH 2015

11AM-7PM (SAT)
10AM-5PM (SUN)

OLYMPIA CENTRAL LEVELS 1 & 3 (W14 8UX)

LOVE VEGFEST UK



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BUY ONE GET ONE 1/2 PRICE FOR TICKETS BOUGHT BY OCT 3RD

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HALL 3 @ SECC GLASGOW (G3 8YW)

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VEGAN HEALTH SUMMIT (SAT)
VEGAN ACTIVISTS SUMMIT (SUN)
TALKS - TEEN VGN ZONE - MATURE ZONE
COOKERY DEMOS - LIVING RAW ZONE
KIDS AREA - PERFORMANCE AREA

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